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PAGES 29 & 30

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An Ottawa police officer leaves 174 Brambling Way in Barrhaven where police say Jagtar Gill, a 43-year-old mother of three, was murdered. She was found by her husband and daughter on Wednesday afternoon. Her death has sparked the first homicide investigation of 2014 led by Ottawa police. MIKE CARROCCETTO/FOR METRO

Barrhaven family broken by homicide

First homicide of 2014. Victim reportedly killed on wedding anniversary

JOE LOFARO
joe.lofaro@metronews.ca

Ottawa police confirmed Thursday they are investigating the city's first homicide of 2014 after the body of a mother of three was discovered by her family in their home in Barrhaven Wednesday.

Staff Sgt. Bruce Pirt identified the deceased as 43-year-old Jagtar Gill.

Police have spoken with her husband, Bhupinderpal Gill, but said a suspect has not been identified.

The home at 174 Brambling Way is not known to police. Bhupinderpal Gill, a bus driver, was honoured in 2009 for bravery after he called police about an assault, leading to the arrest of three males.

An autopsy was performed Thursday, but police are not releasing a cause of death and would not confirm media reports that the woman was found with multiple stab wounds.

Ottawa police said Wednesday evening they were investigating a suspicious death after responding to a call at 1 p.m. in the 100 block of Brambling Way, near the intersection of Greenbank and Cambrian roads. The home is in a new subdivision in the southern part of Barrhaven.

The Ottawa Citizen reported Thursday that Jagtar Gill had been killed on the day of her anniversary and had been discovered as her husband and 15-year-old daughter had returned home from buying flowers and cake to celebrate the occasion.

When asked by Metro about a recent series of break ins that have targeted the South Asian community in Ottawa, police said Thursday night they had looked into the matter and "it does not seem to fit this at all."

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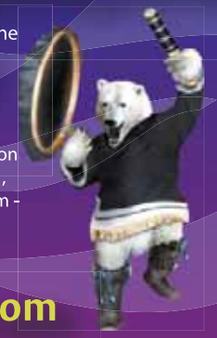

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Politicos, journos and jocks lace up for Canal Classic

Hockey. Fundraising game supports athletics for underprivileged kids

LUCY SCHOLEY
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Journalists and politicians set aside their press passes and posturing for a friendly game of pick-up hockey Thursday morning.

It was the inaugural Canal Classic — a fundraiser for Canadian Tire Jumpstart Charities.

Governor General David Johnston dropped the puck as people such as Justice Minister Peter MacKay and CBC's Evan Solomon battled it out on ice for a cause.

The MPs won the match, but not without a fight. The media team was ahead by one goal when the MP side scored to tie the game with 13.4 seconds left.

At 19-19, it went to a three-person shoot-out before the MPs claimed victory.

However, both teams had help from Olympic gold medalists, including Geraldine Heaney and Cheryl Pounder. Heaney said she travelled from her Ancaster home for a good cause.

"Hockey is an expensive game," she said. "Any time you can help out, I think it's huge."

Jumpstart is a national program that gives financial aid to kids who can't afford to play in organized sports.

One third of families in Canada can't pay their kids' way onto teams.

"Everyone talks about the three necessities of life: shelter, food and clothing," said Johnny Misley, the president of Jumpstart. "We believe there's a fourth — the ability to go out and play."

The MPs who participated in the hockey game are taking donations until Feb. 11. All proceeds will be given to kids in need within their own constituencies.

A group of kids with Jumpstart take a break from skating on the Rideau Canal Thursday to pose with Olympic gold medalists Cheryl Pounder, left, and Geraldine Heaney, along with Jumpstart president Johnny Misley.
LUCY SCHOLEY/METRO

No NCC seats for mayors: Crown corporation chair

Russell Mills, chair of the National Capital Commission (NCC).
LUCY SCHOLEY/METRO

Ottawa and Gatineau will not be sitting on the National Capital Commission (NCC) board anytime soon.

NCC chair Russell Mills shot down the idea, a day after the cities' mayors publicly demanded direct representation and said it would only lead to a "fracturing" in the Crown corporation.

"All of us on the NCC board consider ourselves to be representing all Canadians," he told reporters Thursday afternoon. "If the mayor of Ottawa was on the NCC board, he'd be representing three per cent of all Canadians … the mayor of Gatineau would be representing one per cent of Canadians."

Apart from requesting seats on the NCC board, Mayor Jim Watson and his Gatineau counterpart, Maxime Pedneaud-Jobin, accused the NCC of "meddling in municipal affairs."

Mills denied that was the case. He said relationships between the NCC and its two neighbouring cities can sometimes be "frustrating," but there's still a "great mutual respect" between the federal and municipal bodies.

"Conflicts are rare," he said. "The only significant thing that's come up recently is the Sir John A. Macdonald Parkway issue."

That's the 1.2 kilometre stretch of the Light Rail Transit (LRT) project from Westboro to Lincoln Fields. The NCC shot down the proposed portion of the route in favour of protecting the riverfront and green space.

"Is this the right thing to do for the next generation?" he asked. "Someone needs to have a long-term view and a long-term responsibility of protecting that for our children and grand-children and that's us."

Mills also noted that 10 per cent of land in the region is under the NCC's jurisdiction, while 90 per cent is controlled by the municipalities.

All members of the NCC are appointed by members of Parliament. The NCC reports to Foreign Affairs Minister John Baird.

LUCY SCHOLEY/METRO

'Project Anarchy'. Police bust major Ottawa cocaine trafficking ring

Ottawa police announced Thursday more than 100 officers successfully dismantled a major cocaine trafficking network operating in the city led by a dangerous family which police allege has ties to organized crime.

The crackdown was dubbed "Project Anarchy" and was a two-year collaboration between Ottawa police, the OPP and the RCMP.

In the early morning hours Wednesday, police executed nine search warrants across the city and arrested six people, including Hisham "Terry" Alkhalil, 31. In an unusual move, police said the Alkhalil family has ties to homicides in Toronto and the Vancouver area. Police laid 75 charges in total.

"Given the violence associated with this network on a national and global scale, this is one of the most significant investigations our service has already participated in," said Ottawa Police Chief Charles Bordeleau at a press conference in Ottawa Thursday.

Three more men are still wanted on Canada-wide arrest warrants: Reagan Kavanagh, 19, of Ottawa, and Ravinder Grewal, 32, and Bassam Elouta, 34, both of Toronto.

The six accused who were nabbed by police Wednesday face several charges, including trafficking cocaine, conspiracy to traffic cocaine, and possession of proceeds of crime under $5,000. Ottawa residents Michael Fontana, 21, Tyler Frey, 24, Aaron Deriger, 22, and Jordan Forester, 36, were among those handcuffed.

Ryan Salt, 32, of Constance Bay was also arrested.

Over the two-year period, police seized $12.25 million worth of cocaine, weighing in at more than 24 kilograms.

"This means millions of dollars of illegal drugs has been removed from our streets and away from our vulnerable young people," said Mike Armstrong, OPP chief superintendent.

While Bordeleau described Project Anarchy as "a pre-emptive strike" against the Alkhalil family, he acknowledged that there will be others like them.

"The fight against drugs is a continued battle," said Bordeleau. "We will be here again in another point in time with another news conference.

"It's not just a law enforcement effort, but it's an community effort to try and combat the issue of drugs and the impact it's having on our communities."

JOE LOFARO/METRO

Ottawa police spokesman Charles Soucy, left, Ottawa police chief Charles Bordeleau, Ottawa police acting Insp. Mike Laviolette, and OPP Chief Superintendant Mike Armstrong announce details of Project Anarchy at Ottawa police headquarters Thursday. JOE LOFARO/METRO

Steam locomotive 909 crosses a small wooden bridge along the Gatineau river, near Wakefield, Que., north of Ottawa in September 2007. The steam train once took thousands of tourists along the scenic Gatineau, but in 2011 heavy rains washed away the rail bed, cancelling the service. FRED CHARTRAND/THE CANADIAN PRESS

End of the line for Que. steam train?

Hull-Chelsea-Wakefield. Owners had asked for government help, but MTQ seems to be saying no

TREVOR GREENWAY
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Things are not looking good for the Hull-Chelsea-Wakefield steam train.

A spokesperson with Quebec's Ministry of Transport (MTQ) told Metro Thursday that it's impossible to fulfill the Compagnie du chemin de fer de l'Outaouais' (CCFO) request for $5 million to repair the rail bed that was completely washed away during a heavy rainstorm in 2011.

"At the moment, the ministry doesn't have any programs to give the CCFO financial aid," said MTQ spokesperson Sarah Bensadoun, adding that railway companies usually apply to some sort of financial program like a tourism initiative, but with no program in place, there is no money for the steam train.

The latest funding push is the third request for financial aid since 2008 for the CCFO when the MTQ chipped in $5 million after a landslide washed away a portion of the track.

It happened again a year later and it doesn't seem like the MTQ sees much value in saving such a vulnerable service.

"In the whole region of Outaouais, the soil is not stable," added Bensadoun. "Because of heavy rains, sometimes there (are) landslides, which happened in 2008 and 2009 and then heavy rains in 2011 and that did affect the rails."

Louise Boudrias, president of CCFO, the company that owns the train and the railway stretching from Hull to Wakefield, told Metro her company was waiting for the green light from the province with the hopes of getting the train back on track for the summer of 2015.

She said the ministry was looking at soil studies to ensure fixing the track again is worth it, but it seems as though the red light may never switch to green.

"We need an answer by the end of August, because if we don't, there won't be any train for 2015," she said.

The CCFO needs a total of $13 million to get the train back on the rails — about $6 million for track repairs and another $7 million to renovate the cars and complete a marketing strategy.

So far, the CCFO only has $150,000 confirmed from Tourisme Outatouais, said Boudrias.

Gatineau Loppet gets new youth sprint course

In an effort to attract more youth to this year's event, the Gatineau Loppet has teamed up with the Chelsea Nordiq Ski Club to host a youth sprint race the day before Canada's biggest cross-country ski event begins.

A snow park filled with small hills, turns, bumps and banks has been constructed on the baseball field at Chelsea's Meredith Centre. Skiers between 9-17 years old will compete in the Chelsea Super Sprint Jeunesse — a series of sprint races Feb. 13 that will dart back and forth on a small 500-metre course. It's similar to a skate park for cross-country skiers, but a little less extreme, says club member Dan Mallett.

"It's going to be an exciting sprint race for young athletes with a challenging course full of fun bumps, jumps and turns," he said. "The concept comes from Scandinavia and provides a skateboard-type of environment for young cross-country skiers where the challenges of the terrain help them develop the necessary ski skills while keeping young skiers entertained."

The idea behind the youth sprint race is to not only excite young skiers, but also to also eventually develop them into elite skiers.

"The whole idea was to create a technical activity that would develop skills and use speed to really improve their skiing ability and their racing ability," she said. "We are out to develop champions. We want Olympians."

TREVOR GREENWAY/METRO

Running Feb. 14-16

The Gatineau Loppet is Canada's largest cross-country ski event and draws thousands of skiers from 25 countries around the world for a scenic course stretching through Gatineau, Chelsea and La Pêche.

Chelsea Nordiq member Dan Mallett
TREVOR GREENWAY/METRO

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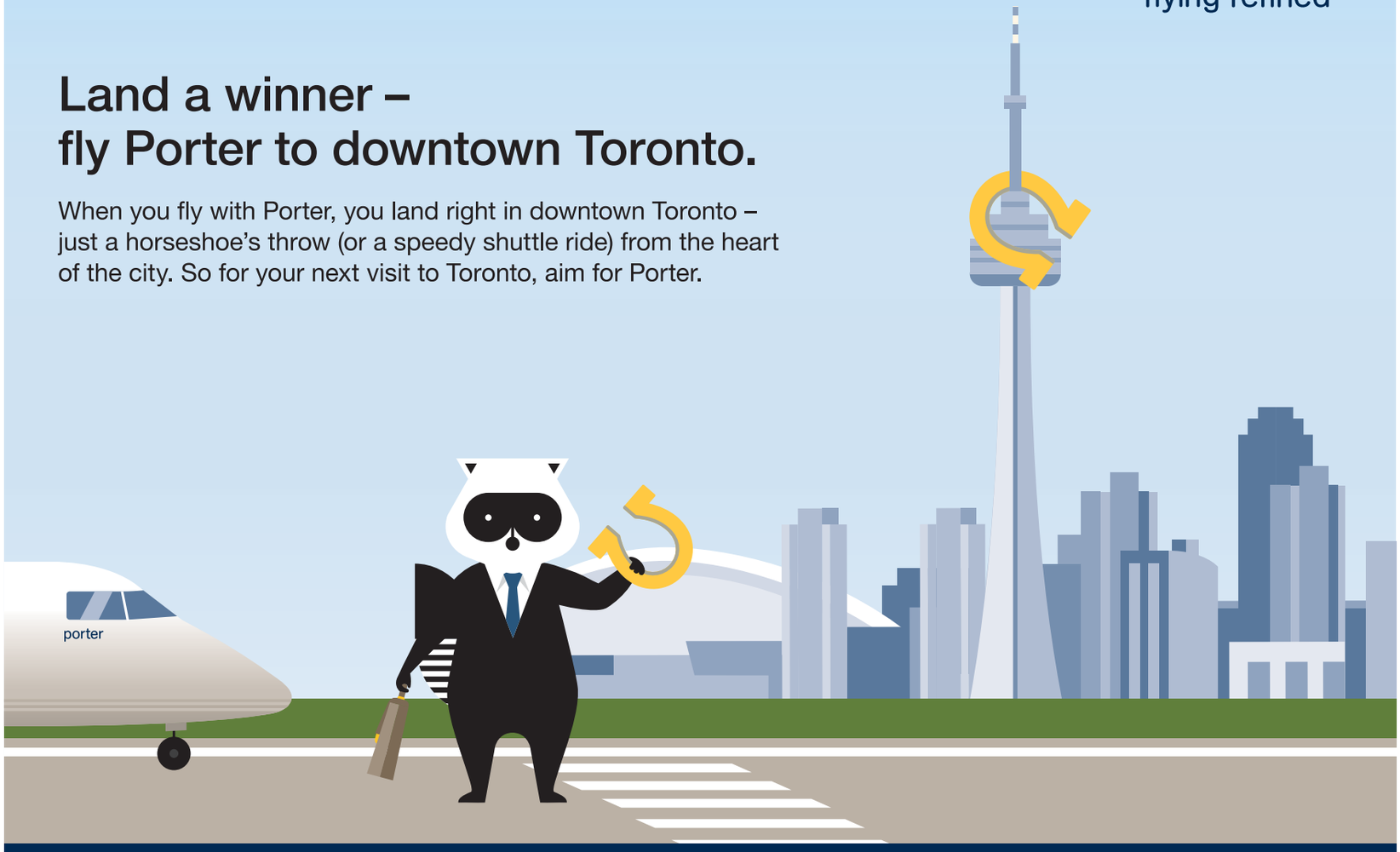

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What happens when the Canadian government funds a 1970s porno?

Screening. 'Porn archeologist' brings tax-funded Sexcula film to Ottawa for showing

It features sex scenes, nudity, even a plot and a grant from the Canadian government.

This is not your average porn film. In fact, it's Canada's only X-rated movie from the 1970s.

Nearly 40 years after it was shot, Sexcula is making a campy cultish comeback.

"The States made hundreds (of porn films), if not thousands, and Canada made only one," said Dimitrios Otis, a "porn archeologist" who digs into lewd movies from the film era of the early 1970s. He pulled Sexcula from the Library and Archives Canada, where it had been sitting until it piqued someone's curiosity. Its contents slowly became known until it "snowballed" over time.

Now Otis is going full frontal with Sexcula. He has screened it in theatres in Vancouver, Edmonton, Toronto, Paris and soon Ottawa.

Like its name suggests, Sexcula is a "painful play on Dracula," said Otis. The horror spoof features the likes of curvaceous Dr. Fellatingstein, Countess Sexcula, a sex robot, a guy in a gorilla suit and 70s-style hair — in more places than one.

At the time, there was no Canadian government mechanism to filter out bawdy films, so the $85,000-budget Sexcula got a full tax write-off. However, laws did prevent porn movies from being screened publicly. So soon after it was filmed in the Vancouver area, it only showed once, privately to a small audience in the western city before it was shelved.

Although X-rated at the time, Otis said it's more along the lines of R-rated compared to today's "plastic" porn industry standards.

"It's supposed to be funny. It's also unintentionally funny. It's, like, bad funny," said Otis.

It also sounds like bad porn.

Its creators never intended to make a risqué film, but, given that it was the "free love lifestyle" of the 1970s, some scenes unintentionally ended nude, he said.

"There was some off-screen romance and it sort of became onscreen ... with mixed results," he said.

Sexcula will be screened at the Mayfair Theatre Feb. 8 at 10:45 p.m. LUCY SCHOLEY/METRO

Quoted

"The States made hundreds (of porn films), if not thousands, and Canada made only one."

Dimitrios Otis, a "porn archeologist"

Dr. Fellatingstein, played by Jamie Orlando, and "Frank" a.k.a. John Alexander, are shown in this still from Sexcula. Inset: Despite its retro appearance, the movie poster for Sexcula is a modern development for the film because it was never released after it was shot. CONTRIBUTED

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Health network funds walk-in counsel clinics

Five family service agencies, including three in the Ottawa area, have received funding from the Champlain Local Health Integrated Network (LHIN) for free walk-in counseling clinics, The Jewish Family Services said Thursday.

The three local walk-in clinics are at Family Services Ottawa at 312 Parkdale Ave., Jewish Family Services at 2255 Carling Ave., and Catholic Family Services at 310 Olmstead St., said JFS assistant director Rebecca Fromowitz. Two other clinics are in Deep River and Cornwall.

Fromowitz said the Champlain LHIN is providing approximately $483,000 to be shared by all five agencies in an 18-month pilot project.

The walk-in clinic at JFS will provide clients with licensed therapists who offer counseling on a first-come, first-serve basis on a variety of life challenges, such as mental health issues, addiction, and family conflicts.

"We're open to anyone who might walk through the door (from) across the region," said Fromowitz. "We want to divert some non-urgent patients from hospital emergency and reduce the single or repeated visits that the emergency department is seeing."

For clinic hours at JFS, visit jfsottawa.com. JOE LOFARO/METRO

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Health Canada. Morning-after pill to be studied due to questions over efficacy

Health Canada says it is studying the effectiveness of the so-called "morning after" contraceptive pills in the wake of news they aren't as effective in larger women.

The federal drug regulator says it is assessing new data that suggests a higher body weight could reduce the effectiveness of emergency contraceptives.

Health Canada says it is also looking at whether labelling changes are needed for all brands of the pills to reflect the problem.

The department's statement comes two months after French manufacturer HRA Pharma announced its emergency contraception pill doesn't work in women who weigh more than 176 pounds.

There are four brands of morning-after pills available without prescription in Canada: Next Choice, from Cobalt Pharmaceuticals; HRA Pharma's NorLevo; Option 2, from Perrigo International and Plan B from Women's Health Inc.

Health Canada says if it decides action needs to be taken, it will work with manufacturers to update labels and inform consumers.

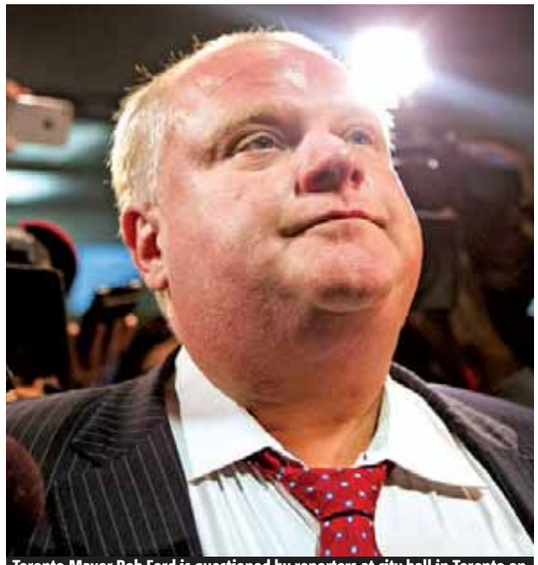
The pills contain higher levels of levonorgestrel than standard oral contraceptives and work by preventing ovulation or fertilization of an egg. They can be taken up to 72 hours after unprotected sex or a contraceptive accident such as a condom breaking.

The pills do not have any impact if a woman has already become pregnant.

Health Canada says it is aware of a recent statement from the European Medicine's Agency alerting consumers to the fact that NorLevo's labelling had been altered to make reference to the observation that weight affects the efficacy of the medication.

THE CANADIAN PRESS

Ford: I'm no fan, but Bieber's not that bad



Toronto Mayor Rob Ford is questioned by reporters at city hall in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

'He's a young guy.' Despite a preference for Rush, Zeppelin, Toronto mayor sticks up for pop star recently charged with assault in his city

Toronto Mayor Rob Ford is sticking up for another headline-grabbing Canadian — Justin Bieber.

Ford was asked about the pop singer when he spoke by phone today to the Washington, D.C.-based Sports Junkies radio show.

Ford said Bieber is only 19 and asked the radio personalities, who called Bieber "Canada's worst export," to think back to when they were that age. On Wednesday, Bieber was charged in Toronto with assault.

Ford's comment on Bieber was: "He's a young guy, 19 years old. I wish I was as successful as he was."

Ford says he's never met Bieber and is not a fan of his music, preferring Rush and Led Zeppelin. THE CANADIAN PRESS

Bieber's toxicology report

A toxicology report released Thursday shows that Justin Bieber tested positive for marijuana and Xanax after his arrest on DUI charges in Florida last week.

- The report also shows no presence of other illicit drugs in Bieber's system.
- A previous report found that breath tests placed Bieber's blood-alcohol content below the .02 level considered intoxicated for under-21 drivers.

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Syrian toddler rescued from rubble of building

Fourteen-month-old Ghina Khalil is recovering with her family in the northern Syrian city of Aleppo after being buried in rubble.

The stunning rescue, caught on video, corresponds to Associated Press reporting of events.

The footage shows a group of men frantically digging in the dusty rubble of her home after an alleged air strike on Jan. 22.

Amid cries of "God is greatest," the toddler's curly-haired head can be seen emerging from the dust, as the men scoop away handfuls of crumbled concrete with their bare hands. With her arms freed, the girl reaches up to wipe her eyes in a sign of life.

According to the activist who filmed the video, uploaded to the Internet by the Nur Media Centre, the girl was completely buried for at least three minutes and her mother was killed in the attack.

A video taken later showed Khalil in new clothes, with no visible injuries.

In this image taken from a Jan. 22 video, men dig 14-month-old Ghina Khalil out of rubble in Aleppo, Syria. The toddler was pulled out after men pulled aside rocks, concrete and dust to free her from under a smashed building bombed by government forces. NUR MEDIA CENTER/THE ASSOCIATED PRESS

The Syrian government has been accused of using airstrikes and rocket attacks indiscriminately against residential areas.

THE ASSOCIATED PRESS

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Handed 28 years, Knox set to appeal once again

A woman believed to be Amanda Knox is hidden under a jacket while being escorted from her mother's home in Seattle on Thursday. THE ASSOCIATED PRESS

Guilty verdict upheld.
U.S. defendant calls ruling 'unjust'

An appeals court in Florence on Thursday upheld a guilty verdict against U.S. student Amanda Knox and her ex-boyfriend for the 2007 murder of her British roommate. Knox was sentenced to 28 and a half years in prison, raising the spectre of a long legal battle over her extradition if the conviction is confirmed.

Lawyers for Knox and her co-defendant, Raphael Sollecito, vowed to appeal to Italy's highest court, a process that will take at least another year and drag out a legal saga that has divided court watchers in three nations.

In a statement from her mother's home in Seattle, where she had awaited the verdict, Knox said she was "frightened and saddened" by the decision.

The court reinstated the guilty verdicts first handed down against Knox and Sollecito in 2009 for the death of Meredith Kercher. Those verdicts had been overturned in 2011, but Italy's Supreme Court vacated that decision and sent the case back for a third trial in Florence.

Kercher, 21, was found dead Nov. 2, 2007, in a pool of blood in the bedroom of the apartment she and Knox shared in the central Italian city of Perugia, where both were studying. Her throat had been slashed and she was sexually assaulted.

THE ASSOCIATED PRESS

Dismayed

"She was petrified. Silent."

Carlo Dalla Vedova, Amanda Knox's Italian lawyer, explaining his client's reaction over the phone when he told her of the sentence set by a Florence appeal court.

Ukraine. President's sick leave fuels ruse rumours

In the midst of Ukraine's unending political crisis, its embattled president went on sick leave Thursday, leashing a tidal wave of conspiracy theories since protesters have been demanding his ouster for months.

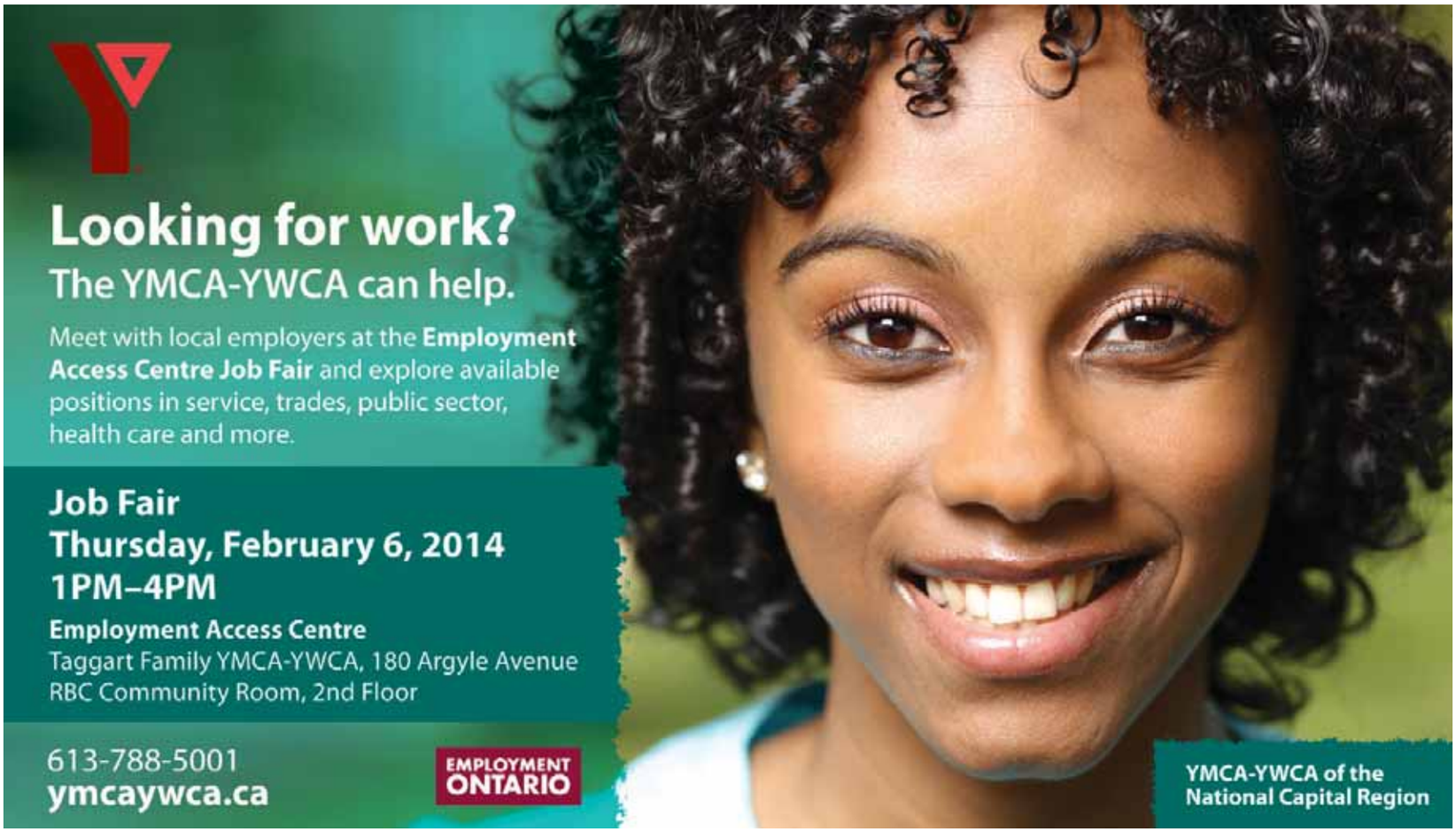
The 63-year-old Viktor Yanukovych has an acute respiratory illness and a high fever, according to his presidential website.

Vitali Klitschko, leader of the opposition party Udar, suggested that Yanukovych could be pretending to take himself out of action in preparation for imposing a state of emergency. That has been a persistent worry of the opposition since protesters clashed violently with police two weeks ago, killing three demonstrators.

Yanukovych has faced two months of large protests that have sometimes paralyzed the centre of Kyiv, the capital.

THE ASSOCIATED PRESS

Protesters practise battle moves in Kyiv on Thursday, as Ukraine's president, Viktor Yanukovych, said he's taking a sick leave. EMILIO MORENATTI/THE ASSOCIATED PRESS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Sex ring busted before Super Bowl

'Party packs.'
Texts advertising cocaine and sex combos were allegedly sent to clients

Officials say 18 people are being rounded up in New York City on allegations they sold "party packs" of cocaine and sex to high-end clients and texted clients to advertise ahead of this week's Super Bowl festivities.

The officials say the arrests follow an 11-month investigation by state and city authorities. The law enforcement officials with knowledge of the operation spoke to The Associated Press on condition of anonymity because they weren't authorized to disclose it before court filings Thursday.

They say surveillance shows the ring laundered money and credit cards through clothing, wig, beauty supply and limousine businesses and targeted wealthy out-of-town customers, especially during large events.

Prostitutes would bring cocaine to clients who ordered the so-called party packs.

The text sent 10 days before the Super Bowl says "new sexy & beautiful girls R in town waiting for u."

THE ASSOCIATED PRESS

New York Attorney General Eric Schneiderman and New York City Police Chief of Department Philip Banks in New York. THE ASSOCIATED PRESS

Protesting en pointe

Ballet dancer Alexandra Portyannikova, wearing handcuffs and braving the -20 C weather, takes part in a protest in Moscow on Thursday. It was organized by Amnesty International to draw attention to human rights violations in Russia. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Montreal

Woman dies after clothing caught in escalator

A woman was strangled to death on a Montreal subway escalator Thursday after an article of clothing, presumably her scarf, got caught in the moving device, said an ambulance spokesman.

"I was told it appeared to be a scarf but this is still to be determined by the police investigation," said Urgences-Sante employee Bob Lamle.

Lamle said the woman's papers indicate she was 47.

Earlier, police said she was in her 30s.

The accident happened at the Fabre station in the city's north end. The woman was found at the bottom of the escalator.

THE CANADIAN PRESS

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Sears

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Star sparks debate on Israeli settlements

Oxfam tiff. Scarlett Johansson opts to stick with Tel-Aviv-based company SodaStream

Scarlett Johansson has parted ways with the international charity Oxfam because of a dispute over her work for SodaStream, a company operating in a West Bank settlement.

Johansson became the latest casualty of a widening campaign to boycott the settlements, drawing attention to a larger debate about whether Israel will become an international pariah, at a steep economic price, if it fails to reach a peace deal with the Palestinians. Israeli Finance Minister Yair Lapid stoked such fears this week, warning that if negotiations break down "and we enter a reality of a European boycott, even a very partial one, Israel's economy will retreat backward and every Israeli citizen will feel it straight in the pocket."

His comments reflected a growing sense in Israel that the coming weeks will be decisive for the country's future.

THE ASSOCIATED PRESS

Under pressure

"I remain a supporter of economic co-operation and social interaction between a democratic Israel and Palestine."

Scarlett Johansson, responding, in a public statement released Friday, Jan. 24.

Hibernation during big chill freezes bottom line

Barbers Tarris Horton, left, and England Wesley play a video game, with one-year-old Kannon Wesley watching at right, while they wait for customers at Hair on the Floor Barbershop in Covington, Ky. Wesley says business at the barbershop, which depends heavily on walk-in clientele, has been down about 90 per cent in the past several weeks. The January deep freeze wrought by the polar vortex in the U.S. Midwest, a big snowfall in the Northeast and abnormal cold and snow in the Deep South has moved many to hibernate — hitting hair salons and other businesses that rely on walk-ins and appointments, including restaurants and health-care specialists.

THE ASSOCIATED PRESS

Trimming fat

Best Buy Canada cuts 950 workers

Best Buy Canada is laying off about 950 full-time employees as the company reworks its operations to reduce layers of management and combines some of its sales departments.

The electronics retailer said Thursday that the job cuts will affect both its Best Buy and Future Shop stores across Canada.

THE CANADIAN PRESS

Class-action

Money Mart fails to derail suit over payday loans

The Supreme Court of Canada won't hear an appeal in a case where Money Mart sought to derail a class-action suit over payday loans. THE CANADIAN PRESS

Hits record high

Facebook stock gets thumbs up on eve of 10th B-day

Facebook's stock is soaring after the social networking company reported stronger-than-expected results for the fourth quarter, fuelled by strong mobile advertising revenue. THE ASSOCIATED PRESS

Was biggest acquisition

Google cuts losses with $2.9B sale of Motorola biz

Google is ridding itself of a financial headache by selling Motorola Mobility's smartphone business to Lenovo for $2.9 US billion.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.56¢ (+0.10¢)

TSX 13,735.28 (+92.06)

OIL $98.23 US (+$0.87)

GOLD $1,242.50 US (-$19.70)

Natural gas: $4.92 US (-$0.55)
Dow Jones: 15,848.61 (+109.82)

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Economist predicts.
Loonie to dive down as low as 85 cents this year

Watch for the loonie to lose more of its luster this year, according to two well-known bank economists.

Craig Alexander, chief economist for TD Economics, warned Thursday that consumers could see the Canadian dollar slide as low as 85 cents US by mid-year if the current environment continues.

He said factors that have impacted the currency so far this year, from an increasingly dovish tone from the Bank of Canada to tapering of monetary stimulus by the U.S. Federal Reserve, will continue to drag down the loonie.

"TD Economics expects that the factors which have taken the Canadian dollar lower are unlikely to shift over the next year or so," wrote Alexander in the report, titled The Call of the Loonie.

"Canada's economy is forecast to underperform the United States, interest rate hikes remain quite a ways off and the outlook for commodity prices is pretty flat, on average."

The report noted that a strengthening U.S. greenback and Bank of Canada governor Stephen Poloz's perceived stance on a weakened loonie have led the currency's fall to a four-year low.

THE CANADIAN PRESS

Watch for the loonie to go even lower this year, say two leading bank economists.

JONATHAN HAYWARD/THE CANADIAN PRESS

THE HAT THAT LAUNCHED 76K RETWEETS

THE METRO LIST

Neil Morton
metronews.ca

Here's some of the great stuff that's been trending on social media — not including #JustinPleaseComeToTurkeyOnHolidays and Justin turning himself in to Toronto police. Sorry, I need a break from the Biebs — or sabbatical.

1 **Bell Let's Talk.** The hashtag #bellletstalk lit up to the tune of three million tweets for the Fourth Annual Bell Let's Talk Day Tuesday, where Canadians break the silence around mental illness. More than $5 million was raised to support mental-health initiatives across the country. Even Rogers tweeted out to use the hashtag. Beautiful day showcasing power of Twitter to effect change.

2 **Arby's.** What people loved the most about the Grammys was Pharrell's Hat — it resembled Smokey Bear and Arby's restaurant logo. Hats off to Arby's who won the day with the tweet: "Hey @Pharrell, can we have our hat back?" It garnered more than 76,000 retweets. Pharrell responded: "Y'all tryna start a roast beef?" Another coup for brands using humour.

3 **Titanic recreation.** Leonardo DiCaprio crashed Jonah Hill's SNL monologue as Hill mocked his Wolf of Wall Street co-star. Jonah apologized and said to soothe his nerves, could they do that thing "that made me feel safe" on the movie set. That thing was a reenactment of the Titanic "I'm flying" scene.

4 **Terrence Ross.** In a spectacular display, the Toronto Raptor forward — last year's all-star slam dunk champion — put on a game for the ages, scoring 51 points against the LA Clippers and tieing Vince Carter's team record. What makes it more remarkable? Ross entered the game averaging just 9.3 points per game.

5 **Air Canada comedy skit.** Shaun Majumder did a parody of Air Canada's customer service on This Hour Has 22 Minutes, playing "Trevor" an Air Canada rep who outlines ridiculous options for people needing help. The point: Customer service is No. 1. So don't just say it, make it No. 1.

6 **Instagrammy hit.** An Instagram montage summed up style at the Grammys with a picture of Stormtroopers (Daft Punk), Wednesday from The Addams Family (Lorde), a Canadian Mountie (Pharrell's hat) and a wet dog (Beyoncé's hair). Suddenly, I feel just fine being ordinary in plaid and skinny jeans.

7 **Budweiser ad.** A heartwarming Super Bowl ad called Puppy Love starring a Clydesdale that comes to the rescue of a golden retriever puppy had more than five million views on YouTube (#bestbuds) since being released. Goes to show once again that funny and/or sentimental ads that don't push the product down your throat have the most impact.

8 **Poutine.** Watch out for La Poutine Week, which runs Feb. 1 to 7 as more than 100 restaurants across the country will be creating their own version of poutine for $10 or less, and Canadians will get the chance to choose their faves. #lapoutineweek.

9 **Bachelor Wedding.** Catherine Giudici and Sean Lowe tied the knot in front of family, friends and past stars from The Bachelor and The Bachelorette. Lowe's father officiated the ceremony and called it "an epic fairy tale." Slight proof that reality TV works in the real world sometimes.

10 **Flappy Bird.** This frustrating game with rudimentary graphics involving a flapping bird that has to stay airborne while avoiding pipe barriers is inexplicably all the rage right now on the app store. It's utterly addictive and is being hailed as the new Angry Birds. Goes to show again there is no accounting for taste.

Follow The Metro List on Twitter @TheMetroList

ZOOM

This calls for an opera!

ROBERTUS PUDYANTO/GETTY IMAGES

For the Year of the Horse, of course

Actors perform on stage during The Beauty of China Opera show at Pakuwon Imperial Ballroom in Surabaya, Indonesia, as part of the Chinese New Year celebrations known as the Spring Festival or the Lunar New Year, welcoming the Year of the Horse.

Chinese communities around the world were gearing up for the holiday. Based on the Lunisolar Chinese calendar, the new year is celebrated from the first day of the first month of the lunar year and ends with the Lantern Festival on the 15th day.

GETTY IMAGES/THE CANADIAN PRESS

By the numbers

3.6B

China's Lunar New Year migration is often referred to as the largest movement of people anywhere, with 3.6 billion trips of all lengths by bus, plane and train expected to be made over the 40-day travel rush. While still an annual ritual for millions working far from home, such journeys are being shunned by many of the newly prosperous who are increasingly using the holiday to fly to overseas.

A tree decorated with red lanterns in Beijing. Mainland China will be virtually shut down for the next seven days. FENG LI/GETTY IMAGES

Clickbait

IRENE KUAN
Metro Online

A month has passed since the New Year — are your diet plans still on track? Don't feel ashamed if you've let them slip; it happens to the best of us. Here are some apps to help you maintain your diet goals:

ISTOCK

My Fitness Pal:

Track your weight, food intake and activities with this free app. You can set calorie intake goals, log your meals, and find nutritional info through the food diary. Each time you log in, you'll be reminded of your achievements. The weight loss is tracked on a chart to show your progress or lack of. You can also connect to your "fitness pals," if you need a friend to keep you motivated.

FatSecret (free):

Find out the nutrition information from your favourite foods, brands and even restaurants with this free app. There's a barcode scanner for info from store bought items. A food diary will help you keep track of your diet, along with the exercise log and diet calendar to track calories consumed and burned. It also provides healthy recipes.

My Net Diary ($9.99):

Make tracking your weight and food intake hassle-free with this easy-to-use app. It contains an extensive food database providing nutritional info for your favourite products. One neat feature is, if a food is not in the database, you can use the PhotoFood service to send a photo of the item to My Net Diary and they will enter or update the food for you. The app will also send you a weekly analysis of your progress, including your water intake.

Twitter

Beloved Internet cat

@colonel_meow

passed away at the age of two years, three months. Do you have any special final thoughts for the ultimate furry feline?

@FMNsocial: Enjoy the Rainbow Bridge, dear @colonel_meow Your furry face will be missed!

@k_kosie RIP @k_kosie colonel_meow #neverforget furry paw of dictatorship. #scotch for all in his honour

@rebverb Hopefully he gets the military funeral he so deserves. #RIPColonelMeow

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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Synopsis

Based on Joyce Maynard's novel of the same name, the action in Labor Day begins when a wounded, escaped criminal (Josh Brolin) hides out in the home of two strangers, Adele, a depressed divorcee (Kate Winslet) and her 13-year-old son, Henry (Gattlin Griffith). What begins as a hostage situation slowly changes as the stranger's sensitive side is revealed and he becomes a surrogate father figure for Henry and companion for Adele.

- Richard: ●●●○○
- Steve: ●●●○○

Josh Brolin and Kate Winslet star in Labor Day, which opens this weekend. CONTRIBUTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

A tale of love and pies

Labor Day. Josh Brolin and Kate Winslet showcase an unexpected spark in this sweet Stockholm Syndrome story

Richard: Mark, it's been said that 90 per cent of the director's job is casting, and on that score Jason Reitman has knocked it out of the park. Labor Day is essentially a three-hander with Winslet, Brolin and Griffith responsible for the emotional weight of the movie. Griffith is convincing as a youngster abruptly placed in the position of son and surrogate spouse, but it is the leads that really carry the movie. Winslet is delicate and effective as the world-weary Adele while Brolin hands in another of his manly man performances, tempered by a hidden sensitive side. I'm curious to hear what you thought.

MB: You bet it's the acting that makes this one work, Richard! There's genuine chemistry between Winslet and Brolin. Brolin is so good I could actually believe his escaped convict could be innocent — no small feat. But the movie, set in 1987, feels like it could have been made in 1987. It's so square compared with Reitman's other work, which I adore. Only someone who's never seen a movie before wouldn't be able to figure out where the story was headed. But you can admire the film's quiet, stately pace, even if the whole thing feels like it's ripped out of a Harlequin romance novel. Don't get me started on the pie scene.

RC: I liked the pie scene. I don't want to give anything away for people who haven't seen the movie, but imagine the scene from Ghost with pastry instead of pottery and you'll get the idea. It's just wonky enough to spice up the story, and I thought Brolin pulled it off. Of all the leading men out there right now he's the only one I can think of to have the old school Lee Marvin grit to still look badass while folding pastry.

MB: Me, I just laughed, until I was shushed by a middle-aged woman in the back row ... I think the movie would have been more interesting if you weren't convinced from the start that Brolin was a good guy and if Winslet's romantic despair weren't quite so acute. Luckily, Griffith provides a good foil for both of them and distracts the viewer from these issues. One thing I really liked about the movie is its shortened time frame: the entire story takes place over one weekend and it sharpens the plot and the tension.

RC: Even though the movie takes place over one long weekend it does take its time to develop the relationship between Adele and the mysterious stranger. Because Reitman takes his time unveiling the relationship, it's a bit more believable than the story might otherwise have been. You're left with the question, "Is it Stockholm Syndrome or true love?"

MB: True need, Richard, and that's close enough for me.

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Comedy

That Awkward Moment

Director. Tom Gormican

Stars. Zac Efron, Michael B. Jordan

That Awkward Moment is aptly titled mainly because this film is full of them. Zac Efron is one of three libertine buddies transitioning from the sex-addled single life to monogamous devotion. The predictable premise presupposes its cleverness but these one-note characters simplify complex relationships to the banal. And the female characters are even more witless. Efron's supposedly astute love interest nonchalantly excuses his admitted assumption she was a prostitute because she keeps condoms. STEVE GOW

Bookish Balaban finally gets a gun

The Monuments Men. Bob Balaban sheds his wallflower persona in war film about taking back art from the Nazis

NED EHRBAR
Metro World News in Hollywood

Bill Murray and Bob Balaban star in The Monuments Men, which opens next Friday. CONTRIBUTED

One of the first things Bob Balaban's Broadway impresario says when tapped to join the Monuments Men — tasked to recover stolen art from the Nazis in the twilight of the Second World War — is, "Would I get to kill anyone? I'd really like to kill somebody." It's an unexpected edge coming from Balaban, an actor better known for his bookishness. But every actor likes a challenge, he insists.

How did you feel about your character being presented as a somewhat tough guy? Is that new for you?
You know, I never really thought about that part too much. I mostly thought, oh my God, I'm going to have to have a gun. What do I do? So I spent a large amount of time training to use my weapon — which I only use for 13 seconds in the beginning of the movie. We actors always like to do things we're not familiar with.

Have you actually carried a gun in a film before?
I was fired the last time I drew a gun in a movie. (laughs) I was in a Woody Allen movie where I had a gun. We shot my scene 900 times, and Woody kept saying, "You don't look very dangerous." I went to a screening of the movie and I said to my wife, "See that little house over there? I'm going to come walking out." And the door opened and Wally Shawn came out. I got fired and I didn't even know I was fired.

So Wallace Shawn is more threatening than you with a gun?
Wally was better than I was. When I saw him do it I thought, no wonder! That's what Woody Allen was talking about.

I mean, don't take this the wrong way, but you're kind of the personification of NPR.
That's funny. It's not a bad thing at all, and I deeply appreciate it. I probably don't really deserve you to think that, in substance anyway, but I do believe in surface and texture it goes well. It's right in my casting wheelhouse. I don't get many cowboys.

So, it's Oscar season, and this film was originally supposed to be in contention. How do you feel about the delay?
I think it's a good thing to be delayed, because there's so many good big, small and middle-size movies this December. I think when this movie comes out in February there will be a lot more people able to focus on it, be aware of it and go to it than there would've been in December, which was so overcrowded.

ELLE
Karen Durbin
"A ROMANCE TO ROOT FOR"
Los Angeles Times
Betsy Sharkey
"RIGHT UP THERE WITH REITMAN'S BEST."
NEW YORK POST
Lou Lumenick
"WINSLET AND BROLIN HAVE WONDERFUL CHEMISTRY. This gem is part coming-of-age drama and part thriller, as well as being SWOONINGLY ROMANTIC."
Kate Winslet Josh Brolin
Labor Day
PG Parental guidance advised MATURE THEME
LaborDayMovie.com
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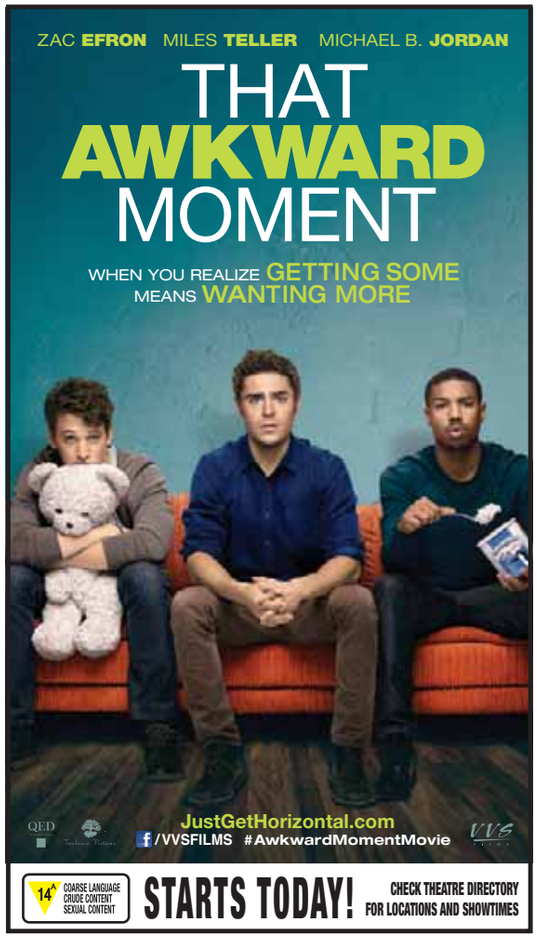
ZAC EFRON MILES TELLER MICHAEL B. JORDAN
THAT AWKWARD MOMENT
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Elizabeth Banks is one sexy Lego

The Lego Movie. Actress talks about being the voice of a figurine and working with Morgan Freeman

NED EHRBAR
Metro World News in Hollywood

Since Elizabeth Banks voices Wyldstyle, one of the minifigure heroes of The Lego Movie, it makes sense to meet for an interview at L.A.'s Legoland amusement park. But it's still fairly surreal, as surroundings go.

Is this the weirdest junket experience you've ever had?
I'll tell you, this is the most exciting junket I've ever been on because Morgan Freeman's here. He's a genius. Everything he says is gold. I mean, I edit [myself] because I still want to get jobs. Whereas Morgan Freeman's like, "F— it. I'm on the other side. They're going to hire me no matter what." And he's right. They should, because he's a genius.

The running joke about your character's name is everyone assumes she's a DJ or something. So if you were actually a DJ, what would be your DJ name?
Um… I'm definitely not a DJ. I'm actually terrible with all that stuff. But my DJ name would be… like, Solo Claudia Goldenschwartz. "Solo" because I'm a solo DJ, I do it on my own.

Your character, while being a Lego figure, actually has curves.
Well, they're kind of drawn-on curves. Wonder Woman does, too. She's got, like, a sweetheart neckline, too. She's got the impression of it, anyway.

Did the curves strike you as odd?
I didn't notice, actually. But it wouldn't bother me. I'm OK with it. I mean, if someone's like, "She's a really sexy Lego, is that weird?" That's on you, man. Who knows, you might be a boob man. Look, I'm here to blaze a trail, and if that's how I do it, so be it.

Quoted

"Look, I'm here to blaze a trail, and if that's how I do it, so be it."

Elizabeth Banks reacting to comments that her Lego character is voluptuous.

While this is an animated film, did you get to work much with your co-stars?
I was really lucky on this. I recorded probably four sessions with Chris Pratt and then two sessions with Chris and me and Will Arnett. The three of us together, that was a very fun time. It was a lot of wasted time making each other laugh with jokes that are completely inappropriate for a children's movie.

What sorts of jokes are we talking about?
Well, Batman has a real kinky side to him, let's just say that. Look at him. He's in basically an S&M outfit.

What's coming up next for you?
My life right now is all about Pitch Perfect 2. I produced the first movie, I'm producing [and directing] the second movie. It's all about getting that script ready to go into production, bringing the cast back together and getting it ready for a release in 2015.

Were there many obstacles in getting the sequel set up?
[The studio] wants to make it, we just want to make the best version that we can. There's a little pressure. They want to release it and they're picking a date for it, so the pressure is, as always, we want to tell a really fun, funny, inspiring story, and we're just homing in on that.

Elizabeth Banks stars in The Lego Movie. GETTY IMAGES

Banks plays Wyldstyle in The Lego Movie. CONTRIBUTED

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THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 31 TO THURS., FEB. 06 TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema
325 Rideau St.

August: Osage County (14A) Fri 4-9:15 Sat 3:50-6:35 Sun 3:15 Mon-Tue 6:45 Wed 4-8:50 Thu 4
Blue Is the Warmest Color (R) Sat 12:15 Sun 8:25
Dallas Buyers Club (18A) Mon 4:15 Tue 9:25
The Invisible Woman (PG) Fri 6:45 Sat 9:20 Sun 12:45-6
Nebraska (PG) Thu 9
SAW Video Resolution 2014 (STC) Thu 6:45
Wadjda (PG) Tue 4:30 Wed 6:40

Canadian Museum of nature
240 McLeod St.

The 4th Baltic Nordic Film Festival (STC) Sat 7-9 Wed 7-9
No Films Showing Today (STC) Fri Sun-Tue Thu

Canadian Museum of nature
240 McLeod St.

Flying Monsters 3D (G) Fri-Thu 12-2:30-3:40
Flying Swords of Dragon Gate 3D (14A) Fri-Thu 12:35-3:05
Penguins 3D (STC) Fri-Thu 10:30-1:10 Fri-Thu 11:15-1:50

Coliseum Ottawa
3090 Carling Ave.

Akira (14A) Fri 2 Thu 7:15
American Hustle (14A) Fri-Sun 12:50-3:55-7:05-10:20 Mon-Tue 3:55-7:05-10:20 Wed 3:55-10:20 Thu 3:55-7:05-10:20
August: Osage County (14A) Fri-Wed 4:10-10:35 Thu 4:10
The Avengers (PG) Sat 6:50
Batman (STC) Sat 9:35 Wed 1
Battlestar Galactica (STC) Sun 12:30
Bill & Ted's Excellent Adventure (PG) Fri 7:15 Mon 5:30 Tue 2
Brazil (14A) Mon 12 Wed 9:50
The Dark Knight (14A) Sat 11:59 Wed 3:35
The Fisher King (STC) Mon 2:45 Tue 4 Wed 7
Flash Gordon (STC) Sun 7:30
Frozen (G) Fri-Sun 1:15 Thu 1:15
Frozen 3D (G) Fri-Thu 4-6:45
Ghost in the Shell (STC) Fri 4:40 Thu 9:50
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Sun 12:35-7:10 Mon-Wed 7:10
I, Frankenstein 3D (PG) Fri-Sun 12:55-3:20-5:45-8:15-10:35 Mon-Wed 5:45-8:15-10:35 Thu 1:25-5:45-8:15-10:35
Iron Man (PG) Sat 4:15
Jack Ryan: Shadow Recruit (PG) Fri-Sun 1:40-4:30-7:30-10:30 Mon-Thu 4:30-7:30-10:30 Star & Strollers Screening Thu 1
Jai Ho (14A) Fri-Sun 12:30-3:40-7-10:10 Mon-Thu 3:40-7-10:10
Labor Day (PG) No Passes Fri-Sun 2-4:40-7:20-10:10 No Passes Mon-Tue 4:40-7:20-10:10 No Passes Wed 3:40-7:20-10:40 No Passes Thu 1:30-4:40-7:20-10:10 Star & Strollers Screening, No Passes Thu 1
Lock, Stock and Two Smoking Barrels (R) Mon 7:30 Thu 2:45
Logan's Run (14A) Sun 10
Lone Survivor (14A) Fri-Thu 9:50
The Metropolitan Opera: Falstaff - Encore (STC) Wed 6:30
Monty Python and the Holy Grail (14A) Fri 11:59 Tue 12 Thu 5:15
The Monuments Men (PG) Thu 7:10-10
The Nut Job (PG) Fri-Sun 1 Thu 1:35
The Nut Job 3D (PG) Fri-Sun 3:15-5:30-7:45-10 Mon-Thu 5:30-7:45-10
On Her Majesty's Secret Service (PG) Tue 7
Planet of the Apes (STC) Fri 9:20 Sun 5:10
Ride Along (14A) Fri-Sun 1:30-4:20-6:50-9:40 Mon-Wed 4:20-6:50-9:40 Thu 1:10-4:20-6:50-9:40
Snatch (14A) Mon 9:45 Thu 12:30
Spider-Man (PG) Sat 1:45

I, Frankenstein. CONTRIBUTED

Superman (G) Sat 11
That Awkward Moment (14A) Fri-Sun 12:40-3:05-5:30-8-10:30 Mon-Wed 5:30-8-10:30 Thu 1:20-5:30-8-10:30
Thunderball (PG) Tue 9:50
Tron (STC) Sun 3
The Wolf of Wall Street (18A) Fri-Sun 12:45-4:45-8:45 Mon-Thu 4:45-8:45

Mayfair Theatre
1074 Bank St.

The Basketball Diaries (STC) Thu 6:30
The Broken Circle Breakdown (18A) Wed 9:15 Thu 9:30
The Burning (STC) Fri 11:45 Mon 9:30
Camille Claudel, 1915 (STC) Fri 7 Sat 6 Sun 6:30 Tue 9:30 Wed 7
Dallas Buyers Club (18A) Fri 9:15 Sat 8:15 Sun 8:30 Mon-Tue 7
Our Film (STC) Sun 3
Super Secret Saturday Night Sinema (STC) Sat 10:45

Rainbow Cinemas
St. Laurent Centre
1200 St. Laurent Blvd.

47 Ronin (PG) Fri-Thu 3:40-9
Anchorman 2: The Legend Continues (PG) Fri-Thu 12:05-6:55
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 12:50-3-5:10
Dallas Buyers Club (18A) Fri-Thu 10:20-1:10-6:30
Delivery Man (PG) Fri-Thu 2:30-9:20
Free Birds (G) Fri-Thu 10:40-3:10-5:05
Inside Llewyn Davis (14A) Fri-Thu 9:55-4:40
Mandela: Long Walk to Freedom (14A) Fri-Thu 10-7:20
Philomena (PG) Fri-Thu 1-7:05-9:15
Thor: The Dark World (PG) Fri-Thu 10:10-6:45-9:10
Walking With Dinosaurs (PG) Fri-Thu 12:30-2:40-4:50

South Keys
2214 Bank St.

American Hustle (14A) Fri-Thu 12:20-3:30-6:40-9:40
August: Osage County (14A) Fri-Thu 10:30-1:15-4-6:45-9:30
Bolshoi Ballet: Lost Illusions (STC) Sun 12:55
Frozen (G) Fri-Thu 10:55-1:35
Frozen 3D (G) Fri-Thu 4:35-7
Frozen Sing-Along (STC) Fri-Thu 11:25-1:45-4:10
Her (14A) Fri-Thu 6:50-9:45
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 10:35-1:50-5:10-8:30
The Hunger Games: Catching Fire (PG) Fri-Sat 11-2:10-5:20-8:25 Sun 5:20-8:25 Mon-Wed 11-2:10-5:20-8:25 Thu 11-2:10
I, Frankenstein 3D (PG) Fri-Thu 12:25-2:50-5:05-7:35-9:55
Jack Ryan: Shadow Recruit (PG) Fri-Thu 11:30-2:05-4:40-7:10-9:50
Labor Day (PG) No Passes Fri-Thu 11:20-2-4:45-7:25-10:05
The Land Before Time (PG) Sat 11
Lone Survivor (14A) Fri-Thu 9:35
The Monuments Men (PG) Thu 7:05-9:50
The Nut Job (PG) Fri-Thu 10:45-12:50
The Nut Job 3D (PG) Fri-Thu 3-5:15-7:20-9:25
That Awkward Moment (14A) Fri-Thu 12:10-2:35-5-7:30-10
The Wolf of Wall Street (18A) Fri-Thu 12:30-4:20-8:10

Canadian Museum of Civilization
100 rue Laurier

Born to Be Wild (STC) Wed 1
Destination Pacific Sud 3D (STC) Thu 7
Extreme (STC) Thu 10
Grand Nord (STC) Sat 4 Sun 1 Tue 1 Wed 4 Thu 1
Great North (STC) Fri 2-5 Sat 11-2-5-7 Sun 11-2-5 Mon 11-2 Tue 2-5-7 Wed 11-2-5 Thu 11-2-5-8
Jerusalem (STC) Fri 11-6 Tue 11
Journey to the South Pacific: An IMAX 3D Experience (STC) Thu 8
Jérusalem (STC) Fri 4-8
Kenya 3D: Animal Kingdom (STC) Fri 12-3 Sat 12-3-8 Sun 12-3-6 Mon 1 Tue 4 Wed 7 Thu 4 Fri 1-7 Sat 1-6 Sun 4 Tue 12-3-6 Wed-Thu 3-6
L' incroyable voyage des papillons 3D (STC) Mon 12
Station spatiale (G) Thu 12

Cinéma Aylmer
400 boul. Wilfrid-Lavigne

Aida - Verdi (Opera) (STC) Sun 1
Au nom du fils (13+) Fri 1 Wed 7
Dallas Buyers Club (13+) Fri-Sun 3:10-9:10 Mon 6:40 Tue 12:40-6:40 Wed-Thu 6:40 Fri-Sun 12:40-6:40 Tue 3:10-9:10 Wed-Thu 9:10
La fille du Martin (G) Fri-Sun 1:10-7:10 Mon 7:10 Tue 7:10-7:10 Wed-Thu 7:10
Labor Day (G) Fri-Sun 12:50-3:20-6:50-9:20 Mon 6:50 Tue 12:50-3:20-6:50-9:20 Wed-Thu 6:50-9:20
Lone Survivor (13+) Fri-Sun 3-9
The Monuments Men (STC) Thu 7-9:30
Ride Along (13+) Fri 3:30-7-9:30 Sat 1-3:30-7-9:30 Sun 7-9:30 Mon 7 Tue 1-3:30-7-9:30 Wed 9:30

Gatineau 9
120 boul. de l'Hôpital

Célibataires... ou presque (STC) Fri-Sun 12:40-3-7:10-9:20 Mon 7:10-9:20 Tue 12:40-3-7:10-9:20 Wed-Thu 7:10-9:20
La grande beauté (G) Fri-Sun 12:20-3:10-6:45-9:30 Mon 6:45-9:30 Tue 12:20-3:10-6:45-9:30 Wed-Thu 6:45-9:30
Le Hobbit: La désolation de Smaug (G) Fri-Thu 8:30
Il était une fois les boys (G) Fri-Sun 1:25-7:15 Mon 7:15 Tue 1:25-7:15 Wed-Thu 7:15
Jack Ryan: Recrue dans l'ombre (13+) Fri-Sun 12:50-3:30-7:05-9:25 Mon 7:05-9:25 Tue 12:50-3:30-7:05-9:25 Wed-Thu 7:05-9:25
L'héritier du Diable (13+) Fri-Sun 4-9:45 Mon 9:45 Tue 4-9:45 Wed-Thu 9:45
Moi, Frankenstein 3D (G) Fri-Sun 1:20-3:40-7:20-9:50 Mon 7:20-9:50 Tue 1:20-3:40-7:20-9:50 Wed-Thu 7:20-9:50
Opération noisettes (G) Fri-Sun 3:15 Tue 3:15
Opération noisettes 3D (G) Fri-Sun 1-6:30 Mon 6:30 Tue 1-6:30 Wed-Thu 6:30
Le Passé (G) Fri-Sun 1:15-3:50-6:30 Mon 6:50-9:40 Tue 1:15-3:50-6:30 Wed-Thu 6:50-9:40
La reine des neiges (G) Fri-Sun 1:15-3:50-6:30 Mon 6:30 Tue 1:15-3:50-6:30 Wed-Thu 6:30
Le Voyage à Travers L'Impossible (STC) Fri-Sun 11-1:10-3:45-7-9:35 Mon 7-9:35 Tue 11-1:10-3:45-7-9:35 Wed-Thu 7-9:35
Whitewash: l'homme que j'ai tué (G) Fri-Thu 9:05

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American Hustle (G) Fri-Sun 1:05-4-7:10-10 Mon 7-9:50 Tue 1:05-4-7:10-10 Wed-Thu 7-9:50
August: Osage County (G) Fri-Sun 1:20-4:20-7:15-10:10 Mon 7:15-10 Tue 1:20-4:20-7:15-10:10 Wed 7:15-10
Le capital (G) Fri-Sun 1:35-4:15-6:55-9:35 Mon 6:55-9:35 Tue 1:35-4:15-6:55-9:35 Wed-Thu 6:55-9:35
Célibataires... ou presque (STC) Fri-Sat 12:25-2:50-5:15-7:45-10:15 Sun 2:50-5:15-7:45-10:15 Mon 7:45-10 Tue 2:50-5:15-7:45-10:15 Wed-Thu 7:45-10 Thu 1
The Hobbit: The Desolation of Smaug (G) Fri-Sun 1:15-4:45-8:30 Mon 8:30 Tue 1:15-4:45-8:30 Wed-Thu 8:30
The Hunger Games: Catching Fire (G) Fri-Thu 9:35
I, Frankenstein 3D (G) Fri-Sat 12:45-3:10-5:40-8:10-10:30 Sun 3:10-5:40-8:10-10:30 Mon 7:30-9:50 Tue 3:10-5:40-8:10-10:30 Wed-Thu 7:30-9:50
Jack Ryan: Recrue dans l'ombre (13+) Fri-Sat 12-2:30-5:05-7:40-10:15 Sun 2:30-5:05-7:40-10:15 Mon 7:30-10 Tue 2:30-5:05-7:40-10:15 Wed-Thu 7:30-10
Jack Ryan: Shadow Recruit (13+) Fri-Sat 12:15-2:45-5:20-7:55-10:30 Sun 2:45-5:20-7:55-10:30 Mon 7:25-9:55 Tue 2:45-5:20-7:55-10:30 Wed-Thu 7:25-9:55
Labor Day (G) No Passes Fri 11:30-2-4:40-7:20-10:10 No Passes Sat 11:25-2-4:40-7:20-10:10 No Passes Sun 2-4:40-7:20-10:10 No Passes Mon 7:15-9:50 No Passes Tue 2-4:40-7:20-10:10 No Passes Wed-Thu 7:15-9:50 Star & Strollers Screening, No Passes Thu 1:30
The Land Before Time (STC) Sat 11
Lone Survivor (13+) Fri-Sun 1:40-4:40-7:30-10:20 Mon 7:05-9:50 Tue 1:40-4:40-7:30-10:20 Wed-Thu 7:05-9:50
Moi, Frankenstein 3D (G) Fri-Sat 12:35-2:50-5:15-7:45-10:15 Sun 2:50-5:15-7:45-10:15 Mon 7:20-9:40 Tue 2:50-5:15-7:45-10:15 Wed-Thu 7:20-9:40
The Monuments Men (STC) Thu 7:15-10
Opération noisettes (G) Fri 1:15 Sat 11:05-1:15 Sun 1:15 Tue 1:15
Opération noisettes 3D (G) Fri-Sun 3:30-5:45-8-10:15 Mon 7:15-9:30 Tue 3:30-5:45-8-10:15 Wed-Thu 7:15-9:30
Petit-Pied le dinosaure (STC) Sat 11
La reine des neiges (G) Fri 1:30 Sat 11-1:30 Sun 1:30 Tue 1:30
La reine des neiges 3D (G) Fri-Sun 4:05-7 Mon 7:05 Tue 4:05-7 Wed-Thu 7:05
Ride Along (13+) Fri-Sat 12:20-2:50-5:20-7:50-10:20 Sun 2:50-5:20-7:50-10:20 Mon 7:35-10 Tue 2:50-5:20-7:50-10:20 Wed-Thu 7:35-10
That Awkward Moment (STC) Fri-Sat 12:40-3:05-5:30-8-10:30 Sun 3:05-5:30-8-10:30 Mon 7:40-10 Tue 3:05-5:30-8-10:30 Wed-Thu 7:40-10
The Wolf of Wall Street (16+) Fri-Sun 1:25-5-8:45 Mon 8:45 Tue 1:25-5-8:45 Wed-Thu 8:45

Barrhaven Cinemas
131 Riocan Dr.

American Hustle (14A) Fri 6:35-9:35 Sat-Sun 12:20-3:30-6:35-9:35 Mon-Thu 4:30-7:30
Frozen (G) Sat-Sun 1:30 Star & Strollers Screening Thu 1
Frozen 3D (G) Fri 6:40 Sat-Sun 4:10-6:40 Mon-Thu 4:30
The Hobbit: The Desolation of Smaug 3D (PG) Fri 6:15-9:40 Sat-Sun 11:30-2:55-6:15-9:40 Mon-Thu 6:50
I, Frankenstein (PG) Fri 7:45-10:15 Sat 1-3:30-7-9:50 Sun 12:25-2:50-5:15-7:45-10:15 Mon-Thu 5:20-7:40
Jack Ryan: Shadow Recruit (PG) Fri 7:25-10 Sat-Sun 11:40-2:15-4:50-7:25-10 Mon-Thu 4:50-7:20
The Land Before Time (PG) Sat 11
Lone Survivor (14A) Fri-Sun 9:20 Mon-Thu 7
The Nut Job (PG) Sat-Sun 12:30-2:45
The Nut Job 3D (PG) Fri 7:15-9:45 Sat-Sun 5-7:15-9:45 Mon-Thu 5:10-7:25
That Awkward Moment (14A) Fri 7:30-10 Sat-Sun 12:10-2:25-5-7:30-10 Mon-Thu 5-7:30 Star & Strollers Screening Thu 1

SilverCity Gloucester
2385 City Park Dr.

12 Years a Slave (14A) Fri-Thu 1:05-4:05-7:15-10:30
American Hustle (14A) Fri-Thu 12:35-3:50-7:05-10:20
August: Osage County (14A) Fri-Wed 7:20-10:10 Thu 10:10
Bolshoi Ballet: Lost Illusions (STC) Sun 12:55
Devil's Due (14A) Fri-Thu 10:45
Frozen (G) Fri-Thu 12
Frozen 3D (G) Fri-Thu 2:35-5:10-7:50
Frozen Sing-Along (STC) Fri 2:05-4:40 Sat 11:30-2:05-4:40 Sun-Wed 2:05-4:40 Thu 1:35-4:10
Gravity: An IMAX 3D Experience (PG) Fri-Thu 12:50-3:20-5:50-8:20-10:40
Her (14A) Fri-Tue 1:20-4:20-7:25-10:25 Wed 12:30-3:25-10:25 Thu 1:20-4:20-7:25-10:25
The Hobbit: The Desolation of Smaug 3D (PG) Fri-Thu 11:55-3:30-7-10:35
The Hunger Games: Catching Fire (PG) Fri-Thu 1-4:15-7:35-10:50
I, Frankenstein 3D (PG) Fri-Thu 12:15-2:55-5:20-7:45-10:15
Jack Ryan: Shadow Recruit (PG) Fri-Thu 12:25-3-5:35-8:10-10:45
Labor Day (PG) No Passes Fri-Tue 1:30-4:25-7:10-10 No Passes Wed 4:30-7:10-10 No Passes Thu 1:30-4:25-7:10-10 Star & Strollers Screening, No Passes Wed 1
The Land Before Time (PG) Sat 11
The LEGO Movie 3D (G) Thu 9:40
Lone Survivor (14A) Fri-Sat 1:40-4:40-7:40-10:40 Sun 4:40-7:40-10:40 Mon-Tue 1:40-4:40-7:40-10:40 Wed 1:40-4:40-10:40 Thu 1:40-4:40
The Metropolitan Opera: Falstaff - Encore (STC) Wed 6:30
The Monuments Men (PG) Thu 7:40-10:40
The Nut Job (PG) Fri-Thu 12:20
The Nut Job 3D (PG) Fri-Wed 2:40-5:05-7:30-9:50 Thu 2:40-5:05-7:30
Ride Along (14A) Fri-Thu 12:55-3:25-5:55-8:25-10:50
That Awkward Moment (14A) Fri-Tue 12:40-3:05-5:30-8-10:30 Wed 3:20-5:40-8-10:30 Thu 12:40-3:05-5:30-8-10:30 Star & Strollers Screening Wed 1
The Wolf of Wall Street (18A) Fri-Thu 12:45-4:45-8:45

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American Hustle (14A) Digital, Dolby Stereo Digital Fri-Sun 9:35 Digital, Dolby Stereo Digital Mon 8:45 Digital, Dolby Stereo Digital Tue 9:35 Digital, Dolby Stereo Digital Wed 8:45
August: Osage County (14A) Digital, Dolby Stereo Digital Fri 3:35-6:45-9:40 Digital, Dolby Stereo Digital Sat-Sun 12:30-3:35-6:45-9:40 Digital, Dolby Stereo Digital Mon 6-9 Digital, Dolby Stereo Digital Tue 12:30-3:35-6:45-9:40 Digital, Dolby Stereo Digital Wed-Thu 6-9
Devil's Due (14A) Digital, Dolby Stereo Digital Fri-Sun 8:45 Digital, Dolby Stereo Digital Mon 9:35 Digital, Dolby Stereo Digital Tue 8:45 Digital, Dolby Stereo Digital Wed 9:35
Frozen (G) Digital, Dolby Stereo Digital Fri-Sun 4 Digital, Dolby Stereo Digital Tue 4
Frozen 3D (G) Dolby Stereo Digital Fri 6:50 Dolby Stereo Digital Sat-Sun 1:10-6:50 Dolby Stereo Digital Mon 6:45 Dolby Stereo Digital Tue 1:10-6:50 Dolby Stereo Digital Wed-Thu 6:45
I, Frankenstein (PG) Digital, Dolby Stereo Digital Fri-Sun 4:30 Digital, Dolby Stereo Digital Tue 4:30
I, Frankenstein 3D (PG) Dolby Stereo Digital Fri 7:15-9:45 Dolby Stereo Digital Sat-Sun 1:20-7:15-9:45 Dolby Stereo Digital Mon 7-9:40 Dolby Stereo Digital Tue 1:20-7:15-9:45 Dolby Stereo Digital Wed 7-9:40 Dolby Stereo Digital Thu 7:20-9:40
Jack Ryan: Shadow Recruit (PG) Digital, Dolby Stereo Digital Fri 3:50-6:40-9:20 Digital, Dolby Stereo Digital Sat-Sun 1-3:50-6:40-9:20 Digital, Dolby Stereo Digital Mon 6:30-9:10 Digital, Dolby Stereo Digital Tue 1-3:50-6:40-9:20 Digital, Dolby Stereo Digital Wed-Thu 6:30-9:10
Labor Day (PG) Digital, Dolby Stereo Digital Fri 3:30-6:30-9:15 Digital, Dolby Stereo Digital Sat-Sun 12:50-3:30-6:30-9:15 Digital, Dolby Stereo Digital Mon 6:40-9:20 Digital, Dolby Stereo Digital Tue 12:50-3:30-6:30-9:15 Digital, Dolby Stereo Digital Wed-Thu 6:40-9:20
The LEGO Movie 3D (G) Dolby Stereo Digital Thu 9:40
Lone Survivor (14A) Digital, Dolby Stereo Digital Fri-Sun 7-9:50 Digital, Dolby Stereo Digital Mon 6:20-9:15 Digital, Dolby Stereo Digital Tue 7-9:50 Digital, Dolby Stereo Digital Wed 6:20-9:15 Digital, Dolby Stereo Digital Thu 9:15
The Monuments Men (PG) Dolby Stereo Digital, Digital Thu 7-9:50
The Nut Job (PG) Digital, Dolby Stereo Digital Fri-Sun 3:40 Digital, Dolby Stereo Digital Tue 3:40
The Nut Job 3D (PG) Dolby Stereo Digital Fri 6 Dolby Stereo Digital Sat-Sun 1:15-6 Dolby Stereo Digital Mon 6:10 Dolby Stereo Digital Tue 1:15-6 Dolby Stereo Digital Wed-Thu 6:10
Opération noisettes (PG) Digital, Dolby Stereo Digital Fri 3:45 Digital, Dolby Stereo Digital Sat-Sun 12:45-3:45 Digital, Dolby Stereo Digital Tue 12:45-3:45
Ride Along (14A) Digital, Dolby Stereo Digital Fri 4:10-6:15-9 Digital, Dolby Stereo Digital Sat-Sun 1:30-4:10-6:15-9 Digital, Dolby Stereo Digital Mon 6:50-9:30 Digital, Dolby Stereo Digital Tue 1:30-4:10-6:15-9 Digital, Dolby Stereo Digital Wed-Thu 6:50-9:30
That Awkward Moment (14A) Digital, Dolby Stereo Digital Fri 4:20-7:10-9:30 Digital, Dolby Stereo Digital Sat-Sun 1:40-4:20-7:10-9:30 Digital, Dolby Stereo Digital Mon 7:10-9:45 Digital, Dolby Stereo Digital Tue 1:40-4:20-7:10-9:30 Digital, Dolby Stereo Digital Wed-Thu 7:10-9:45
The Wolf of Wall Street (18A) Digital, Dolby Stereo Digital Fri 4:15-8 Digital, Dolby Stereo Digital Sat-Sun 12:40-4:15-8 Digital, Dolby Stereo Digital Mon 7:45 Digital, Dolby Stereo Digital Tue 12:40-4:15-8 Digital, Dolby Stereo Digital Wed-Thu 7:45

Doozers are doing it for themselves

Doozers gained their own army of followers as characters on the Toronto-shot kids' show Fraggle Rock. THE JIM HENSON COMPANY/THE CANADIAN PRESS

The Jim Henson Company. Once playing second fiddle to Fraggle Rock, the little engineers will now take centre stage

Watch it

• Doozers premieres Monday at 9 a.m. ET on TVO. It will air weekdays at 9 a.m. and 1 p.m. ET and be available on the tvokids.com video player.

When the fluffy-haired humanoids of the Toronto-shot puppet series Fraggle Rock became a hit in the '80s, their tiny co-stars also developed a fan following.

Lisa Henson, CEO of The Jim Henson Company, says the Doozers became so popular that her late puppet master dad and his collaborators discussed the idea of giving the chubby green engineers their own series.

It took several decades, but the idea has finally come to fruition with the new computer-generated animated preschool series Jim Henson's Doozers.

"The Doozers were a lot of people's secret favourite thing about Fraggle Rock because they were always there, but we didn't get to know very much about them from the show," Henson said in a telephone interview from Los Angeles.

"They piqued a lot of people's curiosity. ... Everyone kind of wanted to peek into their world a little closer, get to know those characters: 'What are they building? What are they doing?'"

In Doozers, the stars are the Pod Squad of four young go-getters voiced by children: purple-clad Daisy Wheel, ginger-haired Spike, pink-loving Molly and yellow-wearing Flex. Together they seek new adventures and challenges in Doozer Creek, getting problem-solving advice from elders as they invent, build and tinker with a variety of devices.

Henson said the show features science, technology, engineering, art and math. It also has a theme of "perseverance and failure" as it aims to show "the actual process of design thinking and engineering."

"There has been so much recent discussion about the idea that kids should be encouraged to try things and fail and not be afraid to fail, so one of the kind of social-emotional threads that we pursued in the storytelling was that a lot of the things that they build don't work — or they don't work at first and with improvement and with additions or by collaborating on something they can get it to work," said Henson.

"We didn't just want to show them just finding instant success because in the real world success is rarely instant."

The series is co-produced by The Jim Henson Company and DHX Media in Canada, where Fraggle Rock was particularly popular and taped with a Canuck crew, said Henson.

"The people who worked on the original Fraggle Rock, all of them say that it was the best working experience of their lives and that making Fraggle Rock was a kind of pinnacle of their personal creativity.

"One of the reasons it was such a wonderful experience for the creators of the original show was that Jim Henson was very busy in England doing other things and he let them have a lot of freedom up there, so the show became very collaborative with other show runners. It wasn't Jim Henson being the show runner, so it allowed the other creators of the show to really thrive and make a show that they were all proud of."

The Pod Squad characters are not from the original Fraggle Rock that aired on CBC-TV.

Henson said they invented the new characters to suit the preschool demographic, making sure to split them evenly between genders and "be very forward-thinking about how the women on the show are portrayed."

Alas, Henson added that the Fraggles won't be making cameos on Doozers, but there is a Fraggle Rock feature film in development at New Regency Enterprises.

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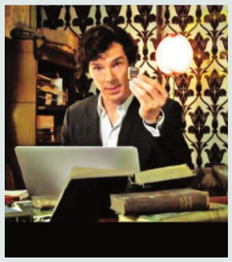
METRO 1

Mind the App



Be at Holmes solving these mysteries

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Sherlock: The Network iPhone/iPad $4.99

Benedict Cumberbatch and Martin Freeman star in this slick detective game based on the popular TV series in which you arrange quick transport, gather clues and solve cases using a Mind Palace.

Video game review

Name. Tomb Raider: Definitive Edition

For. Xbox/PS3/Xbox One/PS4

Rated. Mature 17+

The new Lara Croft is a survivalist, driven to hunt down ritual murderers in a shipwreck horror. She used to outsmart ancient death traps, but now wades through blood-filled torture chambers that seem wildly out of place in an otherwise thrilling adventure of ziplines, rock climbs and shoot-outs. The Definitive Edition for new consoles adds enhanced graphics, but really it's the familiar mix of adrenaline and archaeology that makes the game fun on any system. **KRIS ABEL**

3 songs for the weekend

SOUND CHECK
Alan Cross
scene@metronews.ca

Take a shot of dark indie rock to prepare yourself for the hard-to-erase vision of Mr. Jeremy, before heading off to space with a lady called Susan

Leave the Door Wide Open/NO

This L.A. band is Arts & Crafts' new signing. Perfect for those who like the baritone-y sounds of The National, Interpol and Engineers.

Wrecking Ball/ Ron Jeremy

The music video in which The World's Most Portly Porn Star™ reenacts the Miley Cyrus hit. It's SFW, but that doesn't make it any easier to watch. They don't call him "Hedgehog" for nothing.

Major Tom/ Susan 'The Space Lady' Soundz

This could be the oddest version of the 1983 Peter Schilling hit you've ever heard. If you're familiar with the genre known as outsider music, this is a classic.

New York City

Singer St. Vincent to perform during Fashion week

St. Vincent, a.k.a. Annie Erin Clark
GETTY IMAGES FILE

It'll be music to the ears of fashionistas. The singer St. Vincent will give a live performance at designer Diane von Furstenberg's Fashion Week runway show on Feb. 9 in New York, debuting songs from her new self-titled album, which comes out some two weeks later.

The event, which will include an additional performance after the runway show, is being sponsored by American Express as part of a yearlong partnership with von Furstenberg to celebrate the 40th anniversary of her iconic wrap dress. For those not lucky enough to snag a ticket to the runway show, the event will be live streamed on amexunstaged.com and dvf.com.

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February 5-8
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Anne Plamondon
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GLAAD. Orphan Black, Tegan and Sara among Canuck nods for annual Media Awards

Tegan and Sara, Lady Gaga and the movie Dallas Buyers Club are among the nominees for awards presented by the gay advocacy group GLAAD.

The 25th annual GLAAD Media Awards honour outstanding images of the lesbian, gay, bisexual and transgender community in areas including music, movies, TV and journalism. On Thursday, GLAAD announced 93 nominees in the English-language categories.

The category of best widely released film includes the Toronto-shot feature The Mortal Instruments: City of Bones, a Canada-U.S.-Germany co-production that'll face rivals including Dallas Buyers Club, directed by Quebec's Jean-Marc Vallée.

Other Canuck nominees are the sci-fi TV series Orphan Black for best drama, and twins Tegan and Sara for best music artist.

The GLAAD Media Awards will be presented in Los Angeles and New York this spring.

THE ASSOCIATED PRESS

The Canadian TV series Orphan Black is among the nominees for the 25th annual GLAAD Media Awards. THE CANADIAN PRESS FILE

Television

John King THE ASSOCIATED PRESS

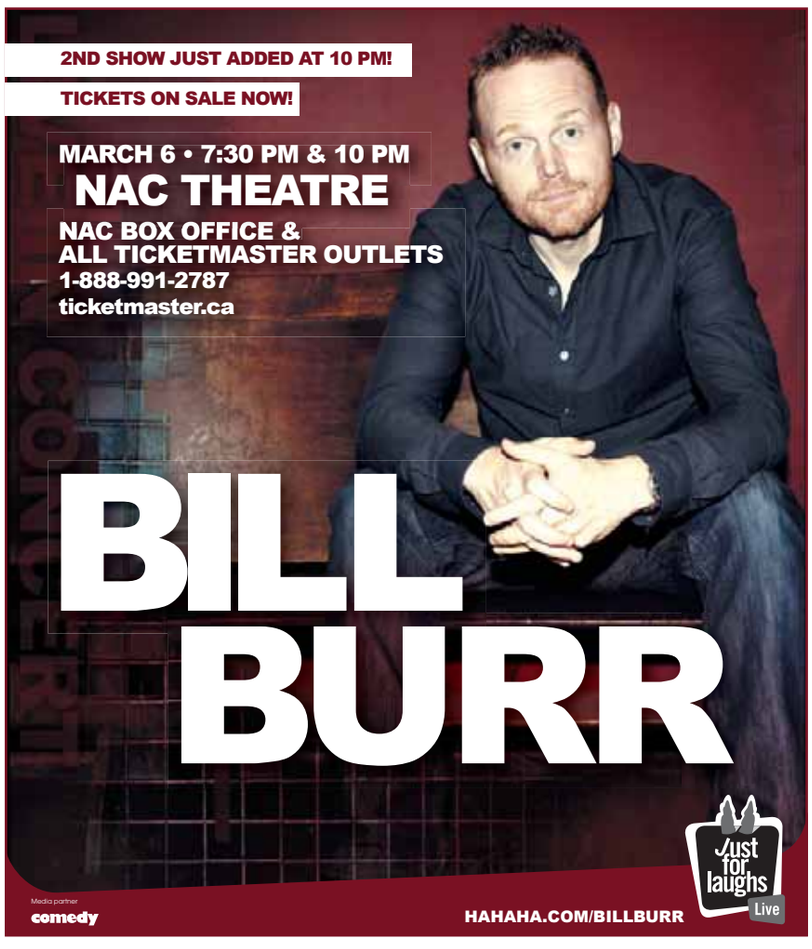
CNN to bring back Inside Politics

CNN is reviving its Inside Politics show with John King as host and adding it to the network's Sunday morning lineup.

The network said Thursday that the 30-minute show will air at 8:30 a.m. ET and debut this weekend. The show previously aired on CNN from 1988 to 2005.

King was CNN's lead reporter for the last two presidential campaigns. The network's Washington bureau chief, Sam Feist, called him the ideal reporter to track politics as Americans begin to think about their next president.

THE ASSOCIATED PRESS



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Anna Wintour ALL PHOTOS GETTY IMAGES

Anna Wintour thinks Sarah Jessica Parker is a perfect fit for Vogue

Anna Wintour has apparently been dropping hints that she has big plans at Vogue for pal Sarah Jessica Parker, and some of her underlings are getting nervous.

"Sarah has been consulted on a stunning array of Vogue's big moves over the last several months. She has totally entered the inner circle," a source tells Radar Online. "It's a surprising idea, but one that is not entirely a joke. Anna thinks Sarah, a fashion icon on Sex and the City, truly has what it takes to step into her shoes and take on a role at Vogue one day."

Parker, for her part, is apparently not wasting any time. "Sarah is playing this like she is serious and she wants it. She is doing her homework and learning the business like never before," the source adds.

"It's the fashion equivalent of running for president or getting nominated to the Supreme Court, and Sarah is treating it that way."

The Word

Sienna says she only blames herself for bad press

Sienna Miller's rise to fame got a bit muddled when she became a tabloid sensation thanks to affairs with Daniel Craig and Balthazar Getty, forcing her to take a step back from the spotlight.

But the British actress insists there's no one to blame but herself. "I sabotaged things. I burnt a lot of bridges," she tells Esquire magazine. "What was going on in my private life was not an easy thing to read about.

"People don't want to see films with people they don't approve of in them. I felt like I had no control over any aspect of my life, professionally or personally, so I deliberately disappeared. I was sick of myself, to be honest, or sick of that perception of me."

Beyoncé

Queen B+? University offers course on Beyoncé

Beyoncé is one of the world's most scrutinized pop stars, and now that study is moving to academia.

The Department of Women's and Gender Studies at Rutgers University is offering a course called Politicizing Beyoncé.

Kevin Allred, a doctoral student who is teaching the class, tells the university's online news site that he is using Beyoncé's career as a way to explore American race, gender and sexual politics.

The class supplements an analysis of Beyoncé's videos and lyrics with readings from black feminists. Allred says he's seeking to help students think more critically about media consumption.

Rutgers also has a class examining the theology of Bruce Springsteen's lyrics.

THE ASSOCIATED PRESS

MEDICAL PHARMACIES

NOW HIRING

PHARMACY ASSISTANT: We are seeking a Pharmacy Assistant to work full time at our retail dispensary located at the General Campus of The Ottawa Hospital. Candidates must possess extensive retail pharmacy experience, an ability to work in a very busy pharmacy and an aptitude for pharmacy software programs. Bilingualism is an asset. Please send your resume in confidence by email to jauprixlefebvre@oms.ca or by fax at 613.731.3025.

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Tarantino crowned by Krewe of Orpheus

Actor and director Quentin Tarantino will reign as the Krewe of Orpheus' 2014 Celebrity Monarch. Tarantino will lead the 27-float procession, themed The Enchanted World, on March 3 in New Orleans, on the eve of Mardi Gras.

Following the parade, the krewe's more than 1,300 members will host its black-tie party Orpheuscapade inside the Ernest N. Morial Convention Center. The party will also feature Cheap Trick, Big Bad Voodoo Daddy, The Party Crashers, Karma and Elizabeth Lyons.

Quentin Tarantino

Orpheus, one of the city's super krewes, was founded in 1993 by Captain Sonny Borey and Harry Connick Jr.

THE ASSOCIATED PRESS

Twitter

@WhitneyCummings
"What have you been up to" really means "I don't follow you on twitter or instagram"

@ParisHilton
Finally just got home from a busy day of meetings & appointments. Now time to pack for my trip to New York tomorrow morning.

@Miles_Teller
"I'll take a bagel toasted with cream cheese".. "No you won't" #starbucks

Rihanna

Even superstars get the booty blues

It turns out everyone is hyper-critical of their own body, even Rihanna, so don't feel too bad. "I do pick on my body," the Stay singer tells E! News. "It's a thing that women do. We walk in front of the mirror and we look at our butt. Is it getting bigger today? Ew. It's still flat."

Liquid Assets

Wet side of Kiwi culture

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

While The Lord of the Rings trilogy got the ball rolling, Lorde's wins at the Grammys last weekend has solidified New Zealand's position as the coolest place on Earth.

Kiwi culture extends way beyond movies and music. Its wines are considered some of the New World's finest productions. The first to twist screw caps onto premium juice, they've taken Sauvignon Blanc and Pinot Noir to places other countries can't even buy a ticket.

I love that about New Zealand wines. They know what they do best and, while they're never inexpensive, they deliver.

You might not be thinking about drinking white wine at this time of year. After all, nothing warms the soul on a cold Canadian winter's night like a nice, meaty red. I say worry less about the weather and more about what you've got in your glass.

And though I respect Lorde, Kim Crawford's 2013 Sauvignon Blanc ($19.95 - $22.99), with its sexy, citrus-infused star power, is way more Beyoncé.

Try it with fresh shellfish and vegetable-based dishes. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Go to NJ for football and Cincinnati for the chili

Super Bowl snack. The teams are from Seattle and Denver. The arena is in New Jersey and used by New York teams. So, continue the American geography lesson with Cincinnati Chili

This recipe serves six to eight. COURTESY RICARDOCUISINE.COM

Everyone has a go-to chili recipe — but this is chili with a twist. Cincinnati chili is a tradition in parts of Ohio, with various recipes calling for the addition of allspice, cinnamon and cloves combined with more traditional ingredients like chili powder.

It is usually served atop pasta with grated cheese and garnished with kidney beans.

This Cincinnati chili recipe from award-winning Canadian chef Ricardo is perfect for anyone looking for a new chili experience.

Ingredients

- 1 kg (2 lb) lean ground beef
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 30 ml (2 tbsp) olive oil
- 45 ml (3 tbsp) chili powder
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) ground cumin
- 2.5 ml (1/2 tsp) allspice
- 2.5 ml (1/2 tsp) hot pepper flakes (or to taste)
- 1 pinch ground cloves
- 30 ml (2 tbsp) white wine vinegar
- 15 ml (1 tbsp) Worcestershire sauce
- 750 ml (3 cups) water
- 1 can (398 ml/14 oz) tomato sauce
- 2 cans (156 ml/5.5 oz each) tomato paste
- 2 bay leaves
- 2 cloves
- Salt and pepper

Garnishes

- Canned red kidney beans, rinsed and drained
- Green onions, chopped
- Orange cheddar, grated

1. In a Dutch oven over medium-high heat, brown the meat, onion and garlic in the oil, breaking up the meat with a wooden spoon. Season with salt. Add the spices and cook for 3 minutes more.

2. Deglaze with the vinegar and Worcestershire sauce. Add the water, tomato sauce, tomato paste, bay leaves and cloves. Bring to a boil, reduce the heat and simmer gently for about 2 hours, stirring frequently. Remove the bay leaves. Adjust the seasoning.

3. For an authentic presentation, serve on al dente spaghetti. Garnish with kidney beans, green onions and cheddar. For something more casual, like a Super Bowl snack, serve in bowls with garlic bread.

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nac-cna.ca

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TERESA KRUZE
life@metronews.ca

Super Bowl XLVIII will be a day of many firsts. It's the first Super Bowl held in the Northeast, the first hosted by two NFL franchises (Giants and Jets), and the first hosted by two states (New York and New Jersey).

How so? While the Giants and Jets are both New York teams, the stadium they play is across state lines in New Jersey. The Super Bowl has become much more than just a game, with festivities taking place all week in both the Big Apple and the Garden State.

C-c-c-cold

Sunday's game will be the first outdoor, cold weather Super Bowl in history and everyone is whining, er... talking about it. WIMPS. Canadian football fans have been braving games in bone-numbing temperatures for years. Super Bowl organizers are giving each ticket holder a swag bag seat cushion filled with hand warmers, ear muffs, gloves, tissues, a toque, lip balm and a radio to make the 82,500 frozen fans feel a little less frozen.

More than 100 million people are expected to watch the Seahawks take on the Broncos on Sunday. Will you be one of them? Here's all you need to know to enjoy the Super Bowl, and a few inside hints to make you look like an expert.

Who will you be cheering for during the big game? ISTOCK

O Canada

The Canadian connections

Three Canadians will take part in the big game.

Broncos' offensive tackle Orlando Franklin, though not born in Canada, moved to Scarborough, Ont. when he was three. Seahawks rookie Luke Willson of LaSalle, Ont., was drafted by the Toronto Blue Jays but chose football over baseball. Seattle punter Jon Ryan will be the first Saskatchewan native to play in the Super Bowl. He made the jump from CFL to NFL in 2006.

There will also be a Canadian sitting in the owner's suite. Broncos owner Pat Bowlen was raised in Alberta and retains his citizenship. TERESA KRUZE

Who is playing?

The Broncos are two-time Super Bowl champions and are coming off a record-setting year. Quarterback Peyton Manning led Denver to set new marks for points scored (606) and touchdown passes (55). The Seahawks have never won the Super Bowl, but come into the game with an equally impressive defense. On Sunday, it'll be the number one offense in the league against the number one defense. This hasn't happened since 1991. TERESA KRUZE

Seattle Seahawks (NFC champs)

Russell Wilson

Wilson's 25 and in his second year of playing for Seattle. He's been described as having a cannon arm, Houdini-like escape skills and is deadly outside the pocket. Some say he lacks experience and seasoning, but he has two big things going for him: the Seahawks' defense and former CFL great and NFL Pro Football Hall of Famer Warren Moon as a mentor.

Denver Broncos (AFC champs)

Peyton Manning

Peyton Manning, 37, has scorched the record books, and will likely go down as one of the best quarterbacks of all time. He has one Super Bowl ring. His critics predict he'll choke and freeze up on Sunday. After destroying the Tennessee Titans on a freezing December day, Manning said to his critics: "Whoever wrote that narrative can shove it where the sun don't shine."

Cool facts

Did you know....

- **MetLife Stadium.** The stadium will have 1,600 volunteers armed with shovels and ready to go if it snows before kick off.
- **Today.** Advertisers are paying up to 4.5 million dollars to run their commercials during the game.
- **Back then.** A 30-second commercial cost $40,000 during the first Super Bowl in 1967.
- **Colours.** The Broncos will be sporting their orange home jerseys and the Seahawks will wear their road whites. Teams that wear white jerseys have won eight of the last nine Super Bowls.

Entertainment

An opera singer and a Grammy winner

Renée Fleming will be the first-ever opera singer to perform The Star Spangled Banner at a Super Bowl, so the song's high notes shouldn't be a problem. Nerves shouldn't be either, as she also performed at the 2009 U.S. Inauguration and sang David Letterman's Top Ten one night.

Grammy winner Bruno Mars is set to rock MetLife Stadium and the frozen fans on Sunday during the halftime show. They also invited the Red Hot Chili Peppers, but Flea and the boys like to perform bare-chested. A parka and long underwear might be a good idea for this gig. TERESA KRUZE

Bruno Mars GETTY

Drinks. Football Cocktails from The Carbon Bar

Bartender Brendan Piunno has created two Super-Bowl-inspired cocktails for you to serve at halftime. ANDREW JOHN VIRTUE DOBSON

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

With the Super Bowl quickly approaching we tasked Brendan Piunno, bartender at the recently launched The Carbon Bar in Toronto, to create two unique cocktails inspired by the Seattle Seahawks and Denver Broncos.

Paying homage to Seattle's Pike Place Market, Piunno tips his hat to the birthplace of Starbucks with a coffee-inspired take on a Manhattan. For Denver, Piunno says he created The Moscow Bronco as "a fun take on the Moscow mule, adding a spicy kick by muddling fresh sliced chili into the glass."

Both beverages offer a subtle zing and a perfect opportunity to impress your guests.

Seattle Seahawk-Inspired Pike Place Manhattan

- 2 oz Pike Creek Canadian Whisky
- *1 oz coffee-infused Martini Rosso
- Generous dashes of Angostura bitters

*Add a teaspoon of fresh ground coffee to 6 oz. Martini Rosso, stir and strain.
Garnish with a cherry and light sprinkle of fine ground coffee Shake or stir ingredients over ice. Enjoy up or on the rocks.

Denver Bronco-Inspired Moscow Bronco

- 2 oz Absolut Elyx
- 1 oz lime juice

Top with ginger beer. Add press sliced chili for a spicy Bronco kick. Garnish with sprig of fresh coriander. Serve in a rocks glass full of ice.

Happy 2014!

Chinese New Year starts on the second new moon after winter solstice. This year, we celebrate the Year of the Horse, which is the year of benefits and self-reflection. You can expect luck to be on your side — not only will your good karma prevail, but also your hidden talents.

QUINKY/SHUTTERSTOCK

RAT

(Feb. 10, 1948 – Jan. 28, 1949; Jan. 28, 1960 – Feb. 14, 1961; Feb. 15, 1972 – Feb. 2, 1973; Feb. 2, 1984 – Feb. 19, 1985; Feb. 19, 1996 – Feb. 6, 1997)

Your mate will expect more from you. If you are single, you'll have to make an effort to meet someone because they will not plop on your lap. You will be recognized — and compensated — for your work ethic.

OX

(Jan. 29, 1949 – Feb. 16, 1950; Feb. 15, 1961 – Feb. 4, 1962; Feb. 3, 1973 – Jan. 22, 1974; Feb. 20, 1985 – Feb. 8, 1986; Feb. 7, 1997 – Jan. 27, 1998)

You will draw in many potential partners for love, business and friendship. Change is imperative to an ox during 2014, and the change will be great. From April until August, you have an opportunity to make money.

TIGER

(Feb. 17, 1950 – Feb. 5, 1951; Feb. 5, 1962 – Jan. 24, 1963; Jan. 23, 1974 – Feb. 10, 1975; Feb. 9, 1986 – Jan. 28, 1987; Jan. 28, 1998 – Feb. 15, 1999)

Do not bottle your emotions — let your feelings flow, but watch your temper. Employers will be impressed. You should have no issues saving money during 2014, as long as you spend wisely.

RABBIT

(Feb. 6, 1951 – Jan. 26, 1952; Jan. 25, 1963 – Feb. 12, 1964; Feb. 11, 1975 – Jan. 30, 1976; Jan. 29, 1987 – Feb. 16, 1988; Feb. 16, 1999 – Feb. 4, 2000)

Single? Expect to meet someone new in April. Be aware of job opportunities that promise the stars — they may blow smoke in your eyes. Your finances will improve; be mindful not to overspend.

DRAGON

(Jan. 27, 1952 – Feb. 13, 1953; Feb. 13, 1964 – Feb. 1, 1965; Jan. 31, 1976 – Feb. 17, 1977; Feb. 17, 1988 – Feb. 5, 1989; Feb. 5, 2000 – Jan. 23, 2001)

Your romantic side will impress anyone who is graced with your love. You will rise above challenges as long as you don't allow arrogance to guide you. Money will be your friend this year.

SNAKE

(Jan. 27, 1941 – Feb. 14, 1942; Feb. 14, 1953 – Feb. 2, 1954; Feb. 2, 1965 – Jan. 20, 1966; Feb. 18, 1977 – Feb. 6, 1978; Feb. 6, 1989 – Jan. 26, 1990)

You look calm on the surface, but love and passion will burn hot all year. Thinking about self-employment, going back to school or changing careers? Do it now. Procrastination will hold you back.

HORSE

(Feb. 15, 1942 – Feb. 4, 1943; Feb. 3, 1954 – Jan. 23,1955; Jan. 21, 1966 – Feb. 8, 1967; Feb. 7, 1978 – Jan. 27, 1979; Jan. 27, 1990 – Feb. 14, 1991)

You will exceed your expectations, but expect the unexpected. Luck is on your side; apply for jobs you always thought you could not get. But don't spend your money frivolously.

SHEEP

(Feb. 5, 1943 – Jan. 24, 1944; Jan. 24, 1955 – Feb. 11, 1956; Feb. 9, 1967 – Jan. 29, 1968; Jan. 28, 1979 – Feb. 15, 1980; Feb. 15, 1991 – Feb. 3, 1992)

People will gravitate toward your compassionate and loving nature. You will be given an opportunity to climb the career ladder — do not hesitate. Don't lend or spend money you do not have.

MONKEY

(Jan. 25, 1944 – Feb. 12, 1945; Feb. 12, 1956 – Jan. 30, 1957; Jan. 30, 1968 – Feb. 16, 1969; Feb. 16, 1980 – Feb. 4, 1981; Feb. 4, 1992 – Jan. 22, 1993)

Your loved ones will run to you for advice. You will be recognized for your proficiency on the job and knowledge of your industry. If you can help someone in a financial bind, then do it.

ROOSTER

(Feb. 13, 1945 – Feb. 1, 1946; Jan. 31, 1957 – Feb. 17, 1958; Feb. 17, 1969 – Feb. 5, 1970; Feb. 5, 1981 – Jan. 24, 1982; Jan. 23, 1993 – Feb. 9, 1994)

You will impress people who you connect with; you might even find a new mate in the midst of it all. From the end of winter to early spring, your sensitive side will be in full gear. Be patient with co-workers and summer will present a promotion at work.

DOG

(Feb. 2, 1946 – Jan. 21, 1947; Feb. 18, 1958 – Feb. 7, 1959; Feb. 6, 1970 – Jan. 26, 1971; Jan. 25, 1982 – Feb. 12, 1983; Feb. 10, 1994 – Jan. 30, 1995)

If single, you might not be by mid-summer or late fall. In a relationship? You can look forward to your commitment getting stronger. Your co-workers will look up to you and appreciate the way you handle stress in a work environment.

PIG

(Jan. 22, 1947 – Feb. 9, 1948; Feb. 8, 1959 – Jan. 27, 1960; Jan. 27, 1971 – Feb. 14, 1972; Feb. 13, 1983 – Feb. 1, 1984; Jan. 31, 1995 – Feb. 18, 1996)

Ooh la la, piggy, you will encounter many picks for love, but choose wisely, because this one will last. In a relationship? Hmm, get ready for a side attraction. This is your year to cash in. Looking for the perfect job? You will not have to look past April or May.

Start the new year on a lucky note

STEPHANIE ORFORD
For Metro

Chinese New Year is a time of looking forward to the next year, so the number of lucky things you are able to do on New Year's plays a key role in determining your welfare over the next year, according to tradition, says Kathy Gibler, the executive director of Vancouver's Dr. Sun Yat-Sen Classical Chinese Garden.

Many of the traditions around Chinese New Year are based around the idea of luck, including fireworks and lucky money, she says. But simple symbols around the home make a difference, too.

Oranges are a lucky symbol because their round shape and their golden colour symbolize prosperity and wealth. A household might have a small orange tree, or simply a bowl of oranges on display.

Hanging red lanterns to bring luck is a tradition during Chinese New Year. BENCHAPORN MAIWAT/SHUTTERSTOCK

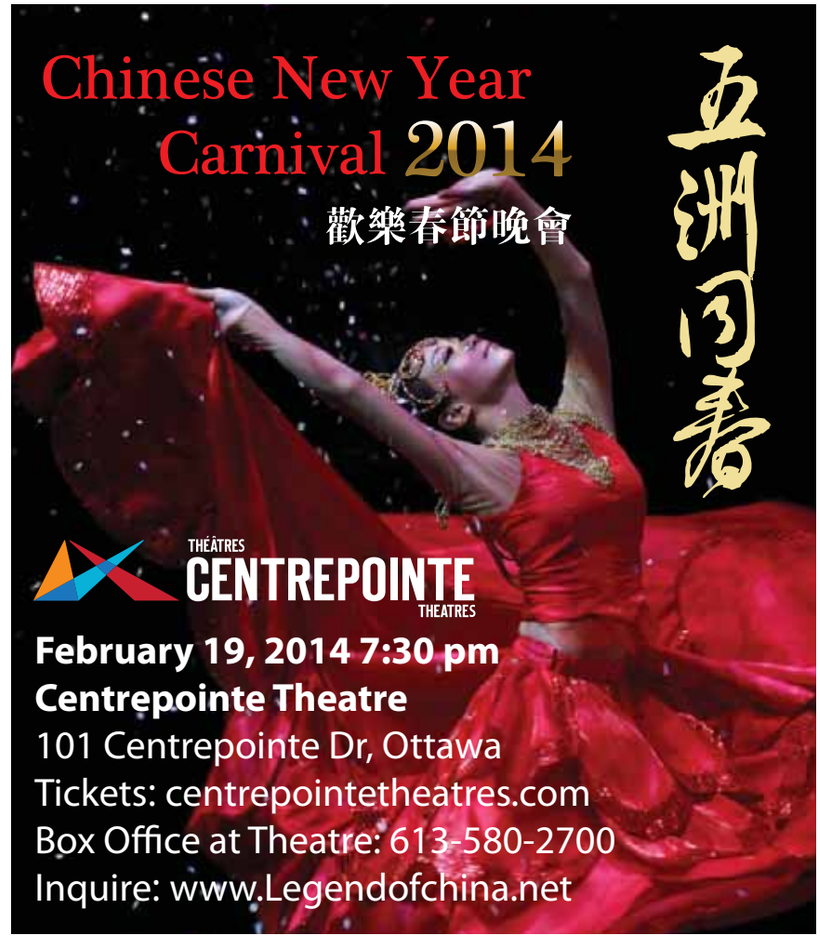
Eight is another lucky symbol — "because the eight in Chinese sounds like the word 'abundance,'" Gibler said.

"You also always want a lot of red, which is the happy colour. Often, there are red lanterns hung up, and one of the things you decorate your house with are red pieces of paper with lucky sayings on them. We have them here at the garden all over the place."

Oranges are thought to bring good luck. WONG YU LIANG/SHUTTERSTOCK

One of the luck-bringing activities that people like to take care of before New Year's Day is to settle their debts. It's considered very positive to go into the new year debt-free.

"That last day there's a lot of running around — shopkeepers trying to collect their bills," she said.



Gilbert Felli, second right, IOC executive director for the Olympic Games, joins Yelena Isinbayeva, centre, mayor of the Olympic Village, and Dmitry Chernyshenko, second left, Sochi 2014 Olympics president and CEO, for a ribbon cutting ceremony to open the coastal 2014 Olympic Village in Sochi, Russia. The Olympics are set to open Feb. 7 and conclude on Feb. 23. DAVID GOLDMAN/GETTY IMAGES

Furlong not ready to judge Sochi yet

Winter Olympics. 2010 boss downplays budget, security and weather concerns leading up to Games

Reaction to the distraction

"It's hard to watch and hear that debate, and it does take attention off why we're all going there."

Vancouver 2010 CEO John Furlong reacts to fears leading up to 2014 Sochi Winter Games

At about this time four years ago, John Furlong's life was consumed with that very Canadian obsession: The weather.

Furlong, who at the time was the CEO of the 2010 Winter Olympics, had long known that snow — or lack of it — could be a problem on Cypress Mountain, the peak north of Vancouver where freestyle skiing and snowboarding events were scheduled. But organizers held out hope the snow would arrive.

It didn't.

Instead, the uncooperative weather set off a Herculean effort to bring in thousands of cubic metres of snow from across the region, using hay bales to build the runs and dry ice to keep it all frozen.

"We had spent a month literally toiling, exhausted on Cypress Mountain trying to save that mountain," Furlong recalled during an interview this week with The Canadian Press. "This was almost a military exercise. Cypress was a 24-hour venture for us. People were sleeping up there. People didn't go home."

In hindsight, the anguish over the snow, which dominated headlines in the weeks leading up to the 2010 Olympics, may seem almost quaint compared to the laundry list of problems that have plagued the Sochi Games, which begin in a week.

Take your pick: An astronomical budget, allegations of corruption and financial mismanagement, terrorist threats, concerns about heavy-handed security, controversy about Russia's anti-gay laws.

And, yes, there has also been persistent anxiety about the weather, though recent snowfall in and around Sochi seems to have allayed those worries somewhat.

In spite of all that, Furlong is still prepared to give Russian Olympic organizers the benefit of the doubt, urging outsiders to wait until the Games are finished before passing judgment.

"I think some of what's been said about Sochi is not fair," said Furlong. "The real story for Sochi will come on the last day of the Olympics, when the world gets a chance to see how Sochi delivered the experience they promised the world."

In particular, Furlong said the trepidation over the massive cost of the Sochi Olympics may be somewhat misguided, especially when critics compare the 2014 Games with past events, such as Vancouver.

"Sochi and Vancouver are like night and day — we were a small project, compared with what Sochi was faced with," said Furlong. "Four years ago, when we went to Sochi to debrief the Russians, there was really nothing there. What they've accomplished in four years, it's extraordinary. That's a decision that the Russian government took. They knew they had to build all this."

THE CANADIAN PRESS

A white Russian elephant?

The budget for Sochi is $51 billion US making it the most expensive Games in history.

- **Big Bucks** The price tag includes the cost of roads, tunnels, railways, ski facilities and a stadium and other expenses.
- **Flashback** According to John Furlong, the cost of the 2010 Games was pegged at $7.7 billion.

CFL

Collaros in, Burris out in Hamilton

Zach Collaros wasn't a free agent for long.

The 25-year-old quarterback signed with the Hamilton Tiger-Cats on Tuesday, a day after being released by the Toronto Argonauts. Collaros' deal is through the 2016 season.

The signing of Collaros ends veteran Henry Burris's time in Hamilton as he was released Thursday.

Burris guided Hamilton to a Grey Cup berth last season and was slated to become a free agent next month. THE CANADIAN PRESS

NBA All-Star game

Raptors' DeRozan cracks East roster

Toronto's DeMar DeRozan will be joining an elite group of basketball players in New Orleans two weeks from now after being named a reserve for the NBA All-Star game on Wednesday.

DeRozan, who missed the Raptors last two games with a sprained ankle, leads the team in scoring with 21.8 points per game.

This year's event will mark his first time in the game. THE ASSOCIATED PRESS

Johan Franzen

Mule's Sochi chances put out to pasture

Johan Franzen won't play for Sweden at the Sochi Olympics because of a concussion.

The Detroit Red Wings forward had missed a month before returning for one game on Sunday. Franzen played just under 17 minutes and was placed on injured reserve again Tuesday.

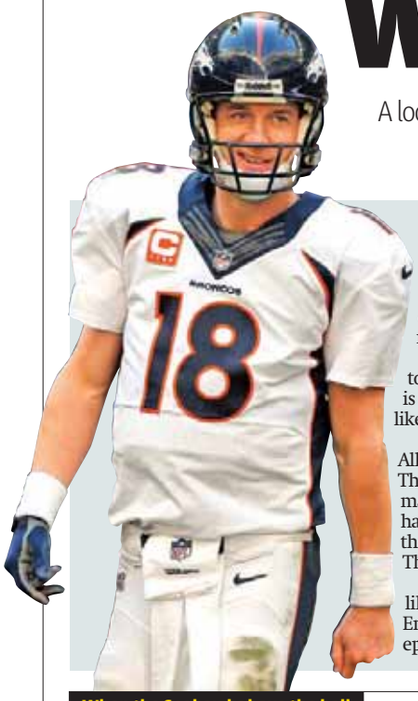
THE ASSOCIATED PRESS

Johan Franzen GETTY IMAGES

What's the difference?

A look at some of the difference makers for this Sunday's Super Bowl at MetLife Stadium in New Jersey

THE ASSOCIATED PRESS
Photos by Getty Images



When the Broncos have the ball

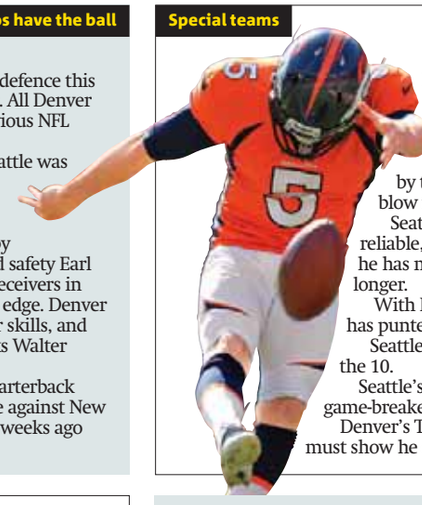
The Seahawks ranked first in overall defence this year, yielding a league-low 231 points. All Denver did was score 606, shattering the previous NFL mark.

Even juicier for this Super Bowl, Seattle was tops against the pass, which, of course, is a Peyton Manning specialty. This is likely where the game will be decided.

If Seattle's unequaled secondary led by All-Pro cornerback Richard Sherman and safety Earl Thomas can handle Manning's myriad receivers in man coverage, the Seahawks get a huge edge. Denver has not faced a defence with these cover skills, and those talents even extend to nickel backs Walter Thurmond and Jeremy Lane.

Of course, Seattle has not faced a quarterback like Manning, either. His 400-yard game against New England in the AFC Championship two weeks ago epitomized his sensational season.

Special teams



Denver kicker Matt Prater broke the NFL record with a 64-yard field goal and might have the strongest leg in the league. He shouldn't be bothered much by the swirling winds should they blow through MetLife Stadium.

Seattle's Steven Hauschka also is very reliable, although his range is not like Prater's. But he has made 17 of 18 field goals from 40 yards or longer.

With Denver's offence clicking, Britton Colquitt has punted just once in the playoffs.

Seattle P Jon Ryan excels at putting the ball inside the 10.

Seattle's Percy Harvin, if healthy, is a punt-return game-breaker any time he touches the ball.

Denver's Trindon Holliday can break big returns, but must show he can hang onto the ball.

When the Seahawks have the ball

Beast Mode. And big plays.

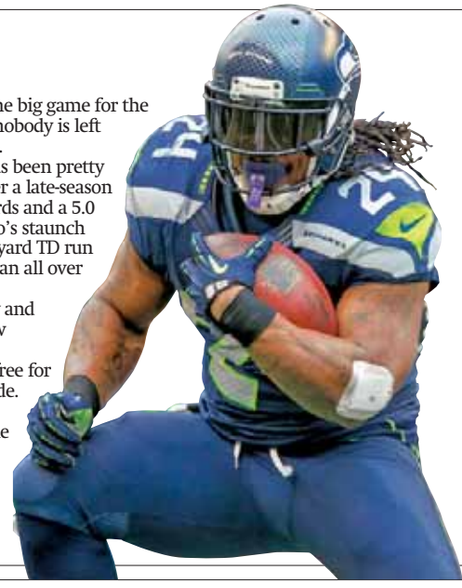
That's what got the Seahawks to the big game for the second time in eight years, although nobody is left from that team that lost to Pittsburgh.

Running back Marshawn Lynch has been pretty much unstoppable in the playoffs after a late-season slump. He powered his way to 109 yards and a 5.0 average per rush against San Francisco's staunch defence in the NFC title game. His 40-yard TD run got Seattle back in the game, and he ran all over New Orleans the previous week.

Denver has stepped up defensively and will be in excellent shape if it can slow Lynch.

But don't think Lynch can't burst free for big gains and get the tough yards inside.

Seattle's offensive line struggled protecting Russell Wilson, but was fine when pounding it out against the 49ers. The Broncos aren't as physical or as deep defensively, and without linebacker Von Miller, could be vulnerable.



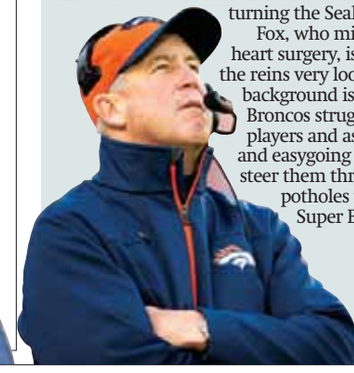
Coaching

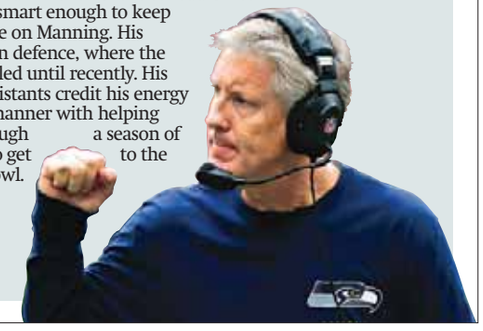
Seattle's Pete Carroll and Denver's John Fox both took over moribund franchises. Now look where they are.

Both are strong motivators, although Carroll does it in more of a rah-rah style his players embrace.

No team is more aggressive, especially on defence, Carroll's specialty, than the Seahawks. He had some success in a previous head coaching stint with the Patriots, then went to USC and won two national titles. Since returning to the pros, Carroll has done a brilliant job turning the Seahawks into a championship contender.

Fox, who missed a month of the schedule after heart surgery, is smart enough to keep the reins very loose on Manning. His background is in defence, where the Broncos struggled until recently. His players and assistants credit his energy and easygoing manner with helping steer them through a season of potholes to get to the Super Bowl.





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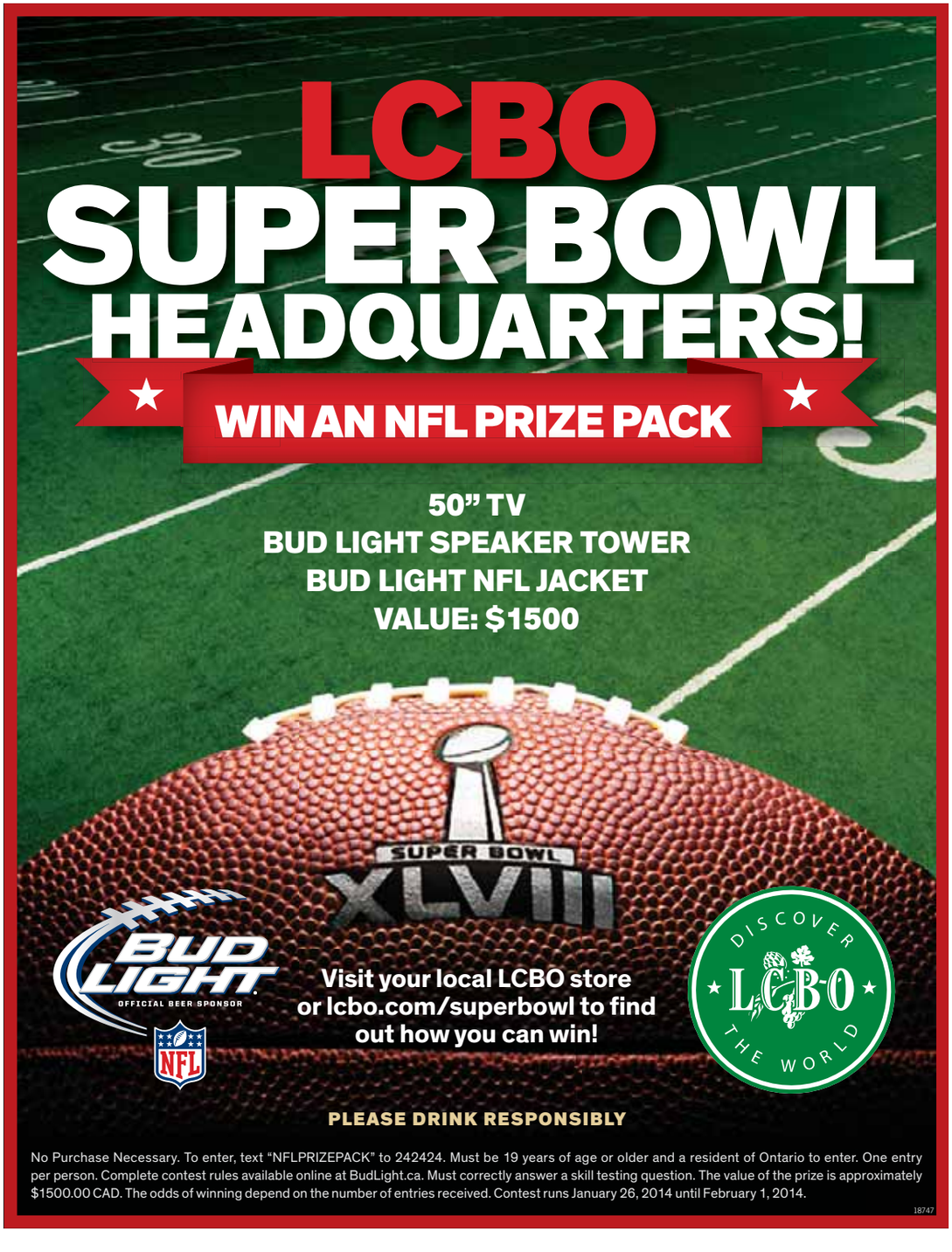
Notes from the Super Bowl

- **Positive concussion trends.** The NFL says the number of concussions in practices and games in the preseason and regular season dropped 13 per cent from 2012 to 2013. Using information collected from team doctors, the league also says there was a 23 per cent decrease over the past two seasons in the number of concussions caused by helmet-to-helmet contact. Speaking at a pre-Super Bowl news conference Thursday, Jeff Miller, the league's senior VP of health and safety policy, calls the data "positive trends."

- **Primate picks the winner.** A Utah ape that has correctly picked the Super Bowl winner for six straight years is predicting the Seattle Seahawks will be the next NFL champion. Erica Hansen of Hogle Zoo in Salt Lake City says Eli the ape ran into an enclosure Thursday and swiftly knocked down a papier-mâché helmet bearing the Seahawks logo, signalling his pick. The 13-year-old primate hasn't been wrong since 2006.

- **UFC chokes out the party.** When the UFC piggybacked on Super Bowl weekend, the usual promotion for Saturday's pay-per-view event went out the window — and landed on the NFL's media day. And, well, just about any hot spot this week where NFL or major media outlets were camped out, so was the Ultimate Fighting Championship. The UFC will hold its Super Bowl weekend show, UFC 169, in Newark, N.J.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18747

Marshawn Lynch of the Seattle Seahawks carries the ball against the San Francisco 49ers during the NFC Championship on Jan. 19 in Seattle. Despite doing his best to avoid the media, the running back will have the spotlight fixed on him come Sunday. JONATHAN FERREY/GETTY IMAGES

Seahawks RB's game 'speaks for itself': Sherman

Silent mode. Marshawn Lynch, unlike teammate, done talking ahead of Super Bowl Sunday

Marshawn Lynch said Thursday it will be good to get back to football after the quiet Seattle running back wrapped up his final mandatory media session of Super Bowl week.

Lynch took questions for about seven and a half minutes during the morning session, his longest such stretch this week. He talked for less than seven minutes at both media day on Tuesday and the media session at the team hotel on Wednesday. "It's going to be good to get back to football," Lynch said. "Real good."

Lynch limited his answers to football-related questions, all with Seahawks fullback Michael Robinson by his side. Robinson joked as he sat down that he was just a prop.

Lynch's aversion to speaking with the media had become a major focal point as the Seahawks started their preparations for Sunday's game against Denver. While Seattle was getting attention last week for the comments made by Richard Sherman during the NFC championship game, this week it was about Lynch's reluctance to open his mouth.

"I think he shouldn't have to do everything that he doesn't feel comfortable with," Sherman said. "But myself, I'm fine with it. I enjoy it. I enjoy getting the message out that I want to get out, and I enjoy supporting my teammates. The great Marshawn Lynch, I think his game speaks for itself. It says enough for everybody to talk about for weeks and weeks."

Even with only talking for a few minutes, Lynch managed to make an attention grabbing statement. Asked what he thought about assistant head coach Tom Cable when he arrived in 2011, Lynch made reference to a reported incident with an assistant coach when Cable was Oakland's head coach in 2009.

"Well, being from Oakland, all I knew about him was that he punched people," Lynch said. "That's my type of person."

It was unclear if he was being serious with his comment.

THE ASSOCIATED PRESS

Beast season

"I'm not sure, man. It's not like I prepare any different. I couldn't tell you."

Seahawks running back Marshawn Lynch, on his stellar post-season play.

Horoscopes

♈ Aries
March 21 - April 20
You may prefer to deal with facts but there are times when you must take what you are told on trust, and this is one of them. Those you work with may be difficult at times but they are still on your side.

♉ Taurus
April 21 - May 21
Something will seize your imagination today and you will move in a new direction. Does what you are doing have any practical or financial value? Who cares! It's enjoyable!

♊ Gemini
May 22 - June 21
Despite what some negative types might say, most people in the world are just like you. Keep that in mind today when dealing with strangers. You may be surprised how much you have in common.

♋ Cancer
June 22 - July 23
Some people think you are the best thing since sliced bread — and they're right. But don't let flattery and adulation go to your head because there are others who would like an excuse to take you down a peg.

♌ Leo
July 24 - Aug. 23
There may be a thousand chores you'd like to avoid but you can't, so don't waste time on wishful thinking. Positive thinking, however, is to be encouraged, so imagine you are having the time of your life.

♍ Virgo
Aug. 24 - Sept. 23
Make the most of your current run of good fortune and make sure those you are closest to know how you feel about them. Chances are they know anyway but it never hurts to make sure.

♎ Libra
Sept. 24 - Oct. 23
It will pay you to come on less strong today, especially at work but also at home. You don't need to prove yourself. In fact, you will impress people more if you switch off and have fun.

♏ Scorpio
Oct. 24 - Nov. 22
Have fun. Hang out with your friends. This isn't a day to think about any of the many things you have been worrying about. You deserve a break so reward yourself. Others will smile too.

♐ Sagittarius
Nov. 23 - Dec. 21
You know what needs to be done to put things right and put loved ones and business colleagues at ease, so do it. Just make sure you can deliver on any promises you might make — and never, ever make promises about money.

♑ Capricorn
Dec. 22 - Jan. 20
You will find it easy enough to get your way over the next 24 hours, especially if you tell others what they want to hear. Is that dishonest? Maybe, but it's not the worst thing you'll do.

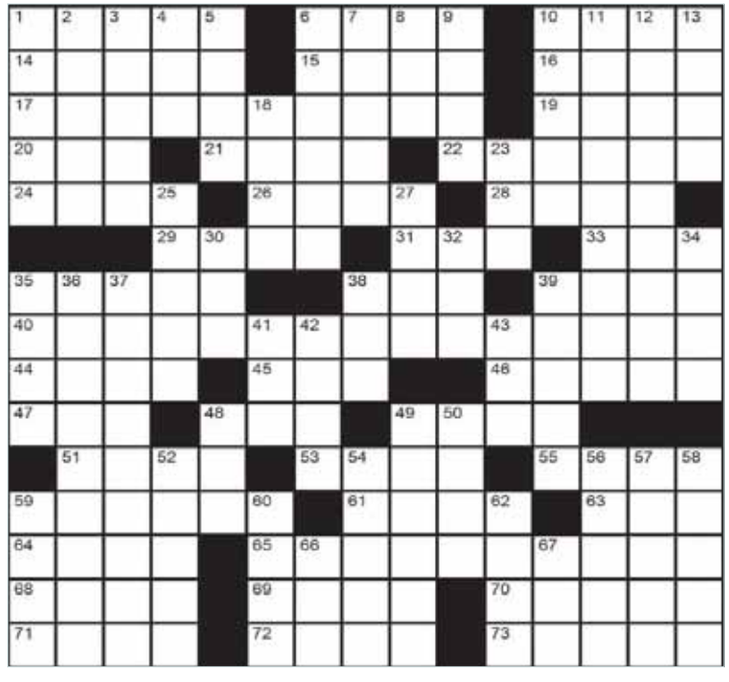
♒ Aquarius
Jan. 21 - Feb. 19
The more you ask for, the more you get. The more you get, the more you want. Just be careful you don't get so much that you can hardly meet the responsibilities that go with it.

♓ Pisces
Feb. 20 - March 20
Your future has rarely looked brighter. So why so glum? Whatever the reason, you need to snap out of it and recognize that, compared to most people, you are on easy street. All you really have to worry about is staying there. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

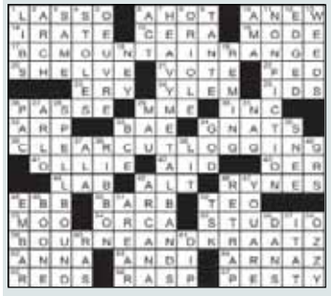
BY KELLY ANN BUCHANAN



Across
1. Chinese New Year, 2014 Year of the __
6. Above
10. __ at (Just barely eat)
14. Actress Deborah
15. Telephone __
16. Wheel shaft
17. Restores rank
19. Twirled
20. Flower container
21. Nobleman
22. Bands of eight
24. Hitch
26. Tribute types
28. Singer Mr. Anthony
29. Glasgow gal
31. Mr. Pacino's
33. Definite article
35. Plus
38. "You __ what you eat."
39. First __ (Some claims)
40. Nova Scotia's big star on Groundhog Day, February 2nd: 2 wds.
44. Bob of comedy
45. Rainbow shape
46. Vassal
47. Female sheep
48. Vital life energy
49. Immense
51. The Supremes, for example
53. Milk: French
55. Shaggy creatures
59. Understated
61. Ribbon bow part
63. Sing-y syllable
64. One: Italian [pl.]
65. "Groundhog Day" (1993) star: 2 wds.
68. Buckingham Palace stables, The Royal __
69. Acreage
70. Norse navigator Mr. Ericsson's
71. Norway's capital
72. Hankerings
73. __-Bismol

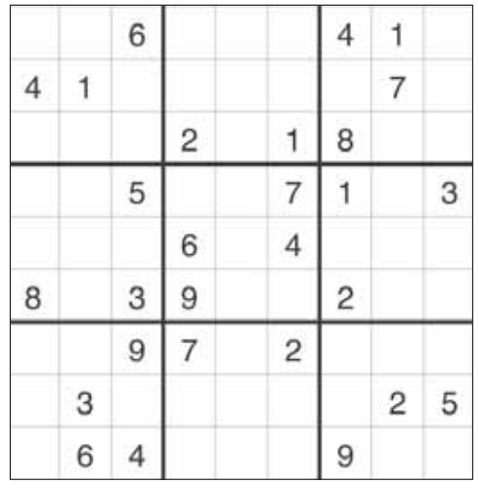
Down
1. Dwells on
2. Classic theatre
3. Seasoned yogurt dip of India
4. Fall from grace
5. Highlands tongue
6. Grammy and Oscar
7. Story's topper
8. Portland's state, for short
9. Certain currency
10. East Side Mario's serving
11. Skilfulness
12. Type of purse for the red carpet: 2 wds.
13. Actor Mr. Watanabe's
18. __, New Mexico
23. Metric measurements, mini-ly
25. The __ (Area of Ottawa)
27. Actress Ms. Paxton
30. Dined
32. Guided
34. Carlisle Cullen's wife in 'Twilight' movies
35. Tennis star Arthur
36. Rodgers & Hammerstein fare: 2 wds.
37. Big sporting event this weekend: 2 wds.
38. Scene of NHL action in Toronto
39. Zeus, for one
41. "Uh-uh."
42. Husk
43. Elles opposites
48. Mil. officer
49. Some 'strings' in music
50. Mr. Egoyan
52. Linda Ronstadt hit: "__ Easy": 2 wds.
54. Actor Tim
56. Take _ __ (Go vacationing)
57. Big name in food
58. Pull, as to give the word to get things done
59. Form of wrestling
60. Auction website
62. Stuff in orange juice
66. Hotness
67. Riddle-me-__

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

7	4	9	2	1	5	6	3	8
8	3	1	7	4	6	9	5	2
5	2	6	3	9	8	7	1	4
4	6	5	8	7	3	1	2	9
3	1	2	9	5	4	8	6	7
9	8	7	1	6	2	5	4	3
6	5	8	4	2	7	3	9	1
2	9	3	6	8	1	4	7	5
1	7	4	5	3	9	2	8	6

Today
-2°/-13°
Partly cloudy

Saturday
-4°/-11°
Flurries
90%

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